

# Blackjack PROVIDER

## **WARRIOR PT: TRAINING FOR WAR TRAINING FOR TOMORROW**

**THIRD ARMY/1ST TSC  
SOLDIER/NCO OF THE YEAR**

**CHANGE OF COMMANDS**

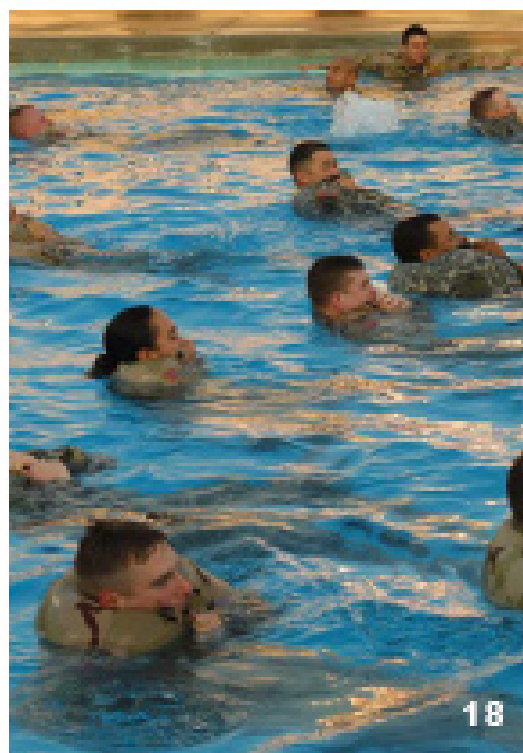
**ARMY SAFETY**



**SOUTHWEST ASIA'S SUSTAINMENT COMMAND**  
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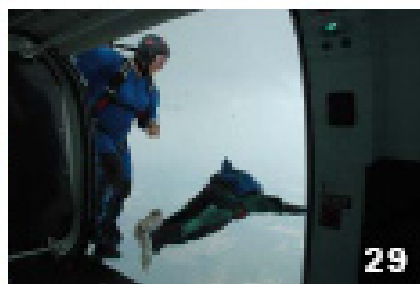
# Blackjack PROVIDER



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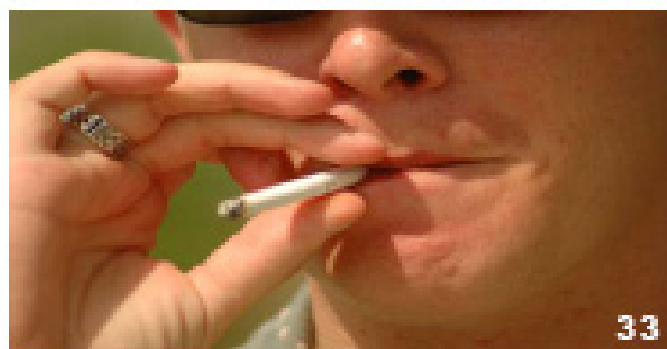
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Soldiers hard at work despite transformation. Cover photo by Spc. Jerome Bishop.

# Letter from the Commander

In the past couple of quarters we have seen a drastic change in the 1<sup>st</sup> Sustainment Command (Theater). These changes are positive and have occurred on many levels within the command- some of them drastic, and some of them minute; with many being significant. In all cases, we must continue to push forward and put in place the processes that will set the standards

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*"We must continue to push forward and put in place the processes that will set the standards for other theater sustainment commands to emulate."*

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for other theater sustainment commands to emulate.

Our focus is no longer at the Corps level, but at a theater level. This means that we will have to think and operate on a larger scale. We are the blueprint that others will emulate so it is vital that we remain focused and steadfast in this endeavor. This transformation is new for all of us, but with all of the talent and vast experience that we



Brig. Gen. Kevin A. Leonard  
Commanding General

have within this command, I foresee that we will do well.

And, speaking of doing well, the command is doing quite well as we have had units and individual Soldiers excel in many areas- within their personal and professional life.

Our Special Troops Battalion received the Meritorious Unit Commendation for the mission they conducted during OIF III. This award is significant because it demonstrates to many that an "above and beyond" approach was taken in conducting the wartime and rear support mission.

Also, two of our Soldiers made it to the Third Army

Noncommissioned Officer and Soldier of the Year competition, with one of these Soldiers taking the Third Army title.

Our Black Jack Dining Facility and field kitchen have taken a variety of first place honors, to include individual food service specialist awards.

One of our senior NCOs received a prestigious academic award for her dedication in achieving and keeping a high grade point. This recognition only demonstrates how many of our audiences appreciate the fact that our Soldiers not only selflessly defend their nation, but also manage their family and personal life as well.

We have another senior NCO who volunteers to assist postpartum pregnant Soldiers helping them return to duty quickly, and in a healthy and safe manner.

Clearly we have a plethora of talent within this command. When each of you demonstrates self improvement, succeeding in your individual endeavors, this transfers into success for the unit as a whole.

On the back of this issue of the BlackJack Provider is what I call the "Things I believe" -words to live by.

Keep up the good work.  
**FIRST TEAM!**

## BLACKJACK PROVIDER

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Command Sgt. Maj. Luis J. Lopez  
1st TSC CSM

With the summer officially at its end, I'm proud to see the progress being made into making the 1st Sustainment Command (Theater) a success. With training consistently preparing us for possible future deployment, you, the Soldiers, are setting the standard for the on-

the Year competition in Atlanta, Ga., and won.

Not only is this an accomplishment for him, but every one who helped him prepare, and everyone who wears the 1st TSC patch on their left shoulder. His success has showed Third Army what kind of a unit we are, and we can't let them down now.

On April 16, we went from a unit of over 4,000 troops, to just under 500. As reduced as we are now, it shouldn't be uncommon for Soldiers to be rising above and beyond themselves into an extremely visible limelight. Our scope is higher and our mission is greater.

The arrow on the 1st TSC patch is never pointing to the 11th hour, but to 1030 hrs. There shouldn't be any waiting to the 11th hour to get any mission done. If you don't know, ask your NCO.

Each and every one of you should be confident in your abilities, but still be able to depend on those beside you. Your NCO's are a wealth of knowledge, which you shouldn't be afraid to draw upon. Together as a team, we'll combine our personal strengths to shine our brightest.

**FIRST TEAM!**

going transformation of the Army.

Earlier in the summer, Soldiers and NCOs from throughout the 1st TSC competed for the first 1st TSC Noncommissioned officer and Soldier of the Year competitions. Through their determination and confidence in their ability, the TSC Soldier of the Year proceeded to the Third Army Soldier of

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# STB awarded MUC under 1st COSCOM

By Spc. Jerome Bishop

Since the beginning of operations Iraqi and Enduring Freedom, many units have deployed in support of the War on Terror. Not many, however return with the honor and distinction of being recognized as a meritorious unit.

For it's actions during OIF III, the Special Troops Battalion, 1st Sustainment Command (Theater), then designated the Troop Support Battalion, 1st Corps Support Command, was awarded the Meritorious Unit Commendation by the Multi-National Force – Iraq.

"The TSB provided the supply for the 1st COSCOM headquarters, they ran logistics in support of the COSCOM

headquarters and supported the base defense on Logistic Support Area Anaconda," said Cpt. Michael Jones, plans and operations officer for the 1st TSC personnel section.

In addition, the 623rd Quartermaster Company, 264th Corps Support Battalion, 507th Corps Support Group, who fall under the command of the TSB during its deployment to Iraq, served as combat logistic patrol escorts and quick reaction force for the area surrounding LSA Anaconda.

"It's a distinct honor for an award like this and not all the units who are recommended get this. It's definitely a huge level of achievement for a unit to get this," he added.

Unlike individual awards, unit awards like the MUC can be worn by Soldiers in the unit who were not assigned during a timeframe where the award was given, but the Soldiers who are assigned during the operation when an award was given, receive a different honor.

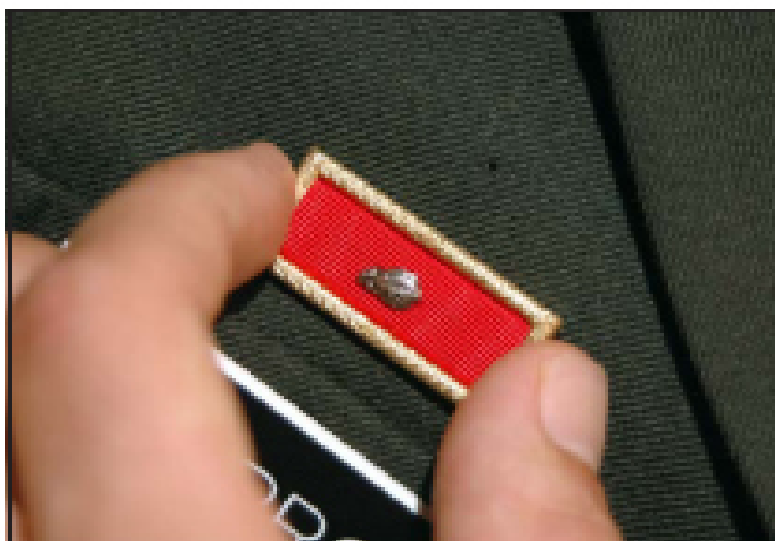


Photo by Spc. Jerome Bishop

"If you were assigned to the unit during the time period that the unit was awarded it, you retain that award permanently," said Jones. "If you were to go to another unit and they had three already awarded previously, you will add another Oak Leaf Cluster to yours since you were awarded it previously."

One Soldier who was part of the TSB when the unit served in Iraq was Sgt. 1st Class Adrian Thompson, G-1 non-commissioned officer in charge.

"It's the first unit award that I received for such an operation and it made me feel good. It made me see that our mission was done to such a high standard and that for a unit that I was in to receive it means a lot," said Thompson.

"It's coming from DA and it recognizes the unit, and Soldiers

should take that in consideration," he added. "They should realize they didn't just go over there and sit around but that they were part of a unit that got recognized."

While some Soldiers might see the award as one more item to pin on their uniform, the MUC carries

with it a level of recognition most Soldiers might not realize.

Army regulation 600-8-22 (Military Awards) states "The unit must display such outstanding devotion and superior performance of exceptionally difficult tasks as to set it apart and above other

units with similar missions. The degree of achievement required is the same as that which would warrant award of the Legion of Merit to an individual."

The MUC received by the TSB during their deployment shows testament to the quality of work the unit and its Soldiers preformed in Iraq. Even to Jones, who was the company commander of the 129th Adjutant General Company, 18th Personnel Services Battalion in Taji, Iraq when the TSB was deployed, the award let him know what kind of unit he was coming to when he left his previous unit, and came to the STB.

"I think the TSB did an outstanding job supporting their OIF rotation," he said. "I think the award is well justified."



# IED Symposium suppliers and

Not only was the event organized to bring suppliers, manufacturers and warfighters together, but also to spread knowledge and understanding on ways to counter IEDs on an unclassified basis.

Several combat-proven commanders, along with two panels from several research and academic communities, came together to discuss cutting edge technologies and how they can be supplied and applied to the war effort.

"We wanted to bring technological and academic heads together to see technologies that are germinating right now," said Robert Beal, retired Navy rear admiral and executive vice president of the Lodestar Group.

"We felt this was an opportunity to bring operators together with the suppliers and the manufacturers. We also wanted to give the companies a chance to show their wares to the operators," he added.

The expo showcased numerous products from a reactive standpoint such as Explosive Ordnance Disposal protective gear, improved bomb suits, innovative medical response kits, and armored vehicles, to preventive and proactive technologies including detection devices for vehicle-borne IEDs and suicide bombers, EOD training aids and equipment were also showcased.

Some items presented could even perform in both functions, like robotic systems designed for reconnaissance and surveillance as well as bomb disposal tools.

Josh Van Haelen, EOD production manager for AMTI, a



By Spc. Jerome Bishop

Just five years ago the term improvised explosive device had almost no meaning among the general population. Through the ongoing war on terror, it has unfortunately become a household term and an even larger threat.

Today service members and civilian companies are finding new ways to defeat and overcome the number one killer of troops in Iraq and Afghanistan. Events like the IED Symposium and Expo which

took place June 12-14 just outside of Fort Bragg, N.C. at the Crown Center Expo Center in Fayetteville, are making it possible for the best and brightest from all around the country to find ways to render terrorism's top weapon inert.

The company responsible for organizing the symposium, Lodestar Group LLC, who is based out of Raleigh, N.C., specializes in defense industries and brings the companies' technologies, experience and solutions to the people who need them.

# n bridges gap between manufacturers, service members

Virginia-based company, demonstrated the many uses of the company's newest robot, the R-500 during an active display where attendees could even try out the new tool.

With plenty of explosives experience, Van Haezen is still proud to know that he can continue to serve his country after retirement.

"I'm an ex-EOD technician with 24 years in the Navy and you still get to help in the fight," Van Haezen said. "As long as it helps the guys on the front line."

Other items like the Special Projects, Special Applications modular medical kits provide products to entire units or down to the single Soldier.

"We're a service organization," said Tom Little, a former marine who is now project manager for SPSA. "Guys can come to us with very generic or very specific requirements (for products) and we can help them."

Products like SPSA's large tactical vehicle medical kit has the capabilities to treat in response to a mass casualty incident. It's modular velcro construction allows individual packs to be removed for easier transportation, rather than moving the entire kit.

"You've got a fire fight going on and all these guys on the ground and you have to treat them and this bag is designed to treat them quickly and get them out of there as soon as possible," Little said. "With an individual bag, you can only treat so many."

Some Soldiers and other attendees at the expo took the time to peruse the displays while others moved about looking for specific products.

"I'm impressed with body armor and vehicle armor improvements. That's what I'm here for in particular," said Brig. Gen. Kevin A. Leonard, 1st Sustainment Command (Theater) commanding general.

The 1st TSC provides oversight for logistical units deployed to the U.S. Central Command area of

operation. With combat logistics patrols on the streets throughout Iraq and Afghanistan, countering IEDs is among the unit's top priority.

"I think all of us as professionals on duty need to know about industry when talking about IEDs," said Leonard. "Our unit, as a theater sustainment command, is focused on all the things we can do to assist all the logistics forces in Southwest Asia, looking at improvements and on new ways we

*See EXPO, page 44*



*Photos by Spc. Jerome Bishop*

(Above right to left), Command Sgt. Maj. Luis J. Lopez, 1st Sustainment Command (Theater) command sergeant major, and Brig. Gen. Kevin A. Leonard, TSC commanding general, and 1st Lt. Heath Weaver, Leonard's Aide-de-camp, talk with Tom Little, far left, project manager for the Special Projects, Special Applications division of Tactical and Survival Specialists Inc., about a vehicle-mounted, modular medical response kit designed for use during missions like combat logistics patrols June 12 at the Fayetteville Crown Center Expo Center. (Left) Robert Pervere of AMTI demonstrates the capabilities of the new R-500 Seeker Series EOD robot during the 2008 IED Symposium and Expo at the Fayetteville Crown Center Expo Center June 12.



Sgt. Heather Thomas, a Black Jack Café food service specialist, places garnishes around a steamship roast during the Garrison Phillip A. Connelly Competition Apr. 21 at the Black Jack Café.

# Black Jack Cafe earns culinary honors

By Spc. Jerome Bishop

The food service specialists of the Black Jack Cafe, the 1st Sustainment Command (Theater) and the 507th Corps Support Group's dining facility, once again secured their position among Fort Bragg's culinary elites during the presentation of several Philip A. Connelly awards during an awards ceremony May 12 at the Black Jack Cafe.

Among the awards presented during the ceremony were the Fort Bragg Superior Dining Facility for the second quarter of fiscal year 2006, the Culinary Specialist of the Quarter for the second quarter of fiscal year 2006 and the Field Kitchen awards for the Fort Bragg Installation Field Connelly competition.

The Superior Dining Facility and the Culinary Specialist of the Quarter trophies, along with two XVIII Airborne Corps certificates of achievement were presented to Sgt. 1st Class Anthony Morris, the dining facility manager, and Spc. Matthew Flores, a food service specialist, respectively by Col. Floyd E. Hudson Jr., the 1st TSC deputy commander.

"I'm a little surprised we won," said Morris. "We weren't over confident but we gave it our best."

"We came together as a team, and once you do that, there isn't much you can't do," he added.

After the awards for the garrison competitions were presented, the food service team of the 8th Ordnance Company, 507th Corps Support Group was presented the



Photos by Spc. Jerome Bishop

(Above) Col. Floyd E. Hudson Jr. (left), 1st Sustainment Command (Theater) deputy commander, presents Sgt. 1st Class Anthony Morris (middle), the Black Jack Cafe Dining Facility manager, with the award for Fort Bragg Superior DFAC for 2nd quarter fiscal year 2006 and Spc. Matthew Flores (right), a Black Jack Cafe food service specialist, with the Culinary Specialist of the Quarter for 2nd quarter fiscal year 2006 at the Black Jack Cafe May 12. (Below) Spc. Daniel Warner (left), a food service specialist and Staff Sgt. Cedric McCabe (middle), shift leader, both of the 8th Ordnance Company, discuss and prepare food while Willie Maeke (right), an evaluator for Installation food services Mar. 8 during the Philip A. Connelly Field Kitchen Competition.

award for their 1st Place ranking among the Fort Bragg field kitchen teams.

Team members Sgt. 1st Class Lena Williams, Staff Sgt. Cedric McCabe, Sgt. Mike Motenuala, Spc. Melvin Jennings, Spc. Daniel Warner, Spc. Keith Smith, and Pfc. Celso Santiago were on hand for the presentation of the award by Hudson.

"Dealing with a new team was hard and not everyone was used to working with each other," said Williams, the senior food service operations sergeant, "but once we came together we knew we'd do well."

"It feels outstanding," she added. "I was very confident. When you do what's right, it all comes together in the end."

Both teams aren't letting their accomplishments go to their heads. With the conclusion of every Connelly competition, preparations and training begin for the next level on top of performing day-to-day operations, which could be considered by some to be one of the thankless jobs in today's Army.

"Soldiers come through [the DFAC] all the time," said Hudson, "some in the morning, some in the afternoon, some in a hurry and others for a while. [The cooks] don't always get the thanks they deserve."



# Change of Commands

## *Ceremony honors warrior logistician*

By Spc. Kenneth McNay  
Contributor

The 264th Corps Support Battalion, 507th Corps Support Group, conducted a change-of-command ceremony Friday morning at Seay Field.

Lt. Col. Jason R. Vick assumed command from Lt. Col. Stephen Cherry IV, the outgoing commander of the 264th CSB who will be taking an assignment at the Pentagon.

Cherry served as commander of 264th CSB from June 2004 to June 2006, including a deployment to Iraq in support of Operation Iraqi Freedom from June 2004 to June 2005 while serving under the 1st Corps Support Command, now the 1st Sustainment Command (Theater).

"During the last two years, this battalion has been at the forefront of providing combat service support to the XVIII Airborne Corps. This included a year long tour of duty in

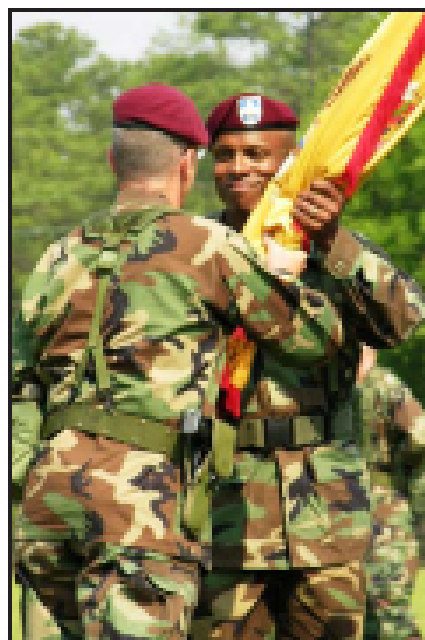
Iraq where the battalion was one of the vanguard units for the Corps' deployment to Iraq," Currie said.

Cherry was well liked by his Soldiers. Many had fond memories and were eager to pay tribute to his service as battalion commander.

"He's a tough, hardnosed leader – challenging," said 1st Sgt. John Seelhorst, 623rd Quartermaster Company, 264th CSB. "He's a great leader of Soldiers; he takes care of Soldiers."

This special care for Soldiers was especially important to the intelligence and security manager, Pvt. William Gerding, an intelligence analyst in Headquarters and Headquarters Detachment, 264th CSB, who has been in charge of the section for approximately four months. He is responsible for another private and has been greatly challenged by the magnitude of his mission.

"[Cherry] is a great leader and friendly. I've known him for about four months now; I brief him and



Photos by Spc. Kenneth McNay

Lt. Col. Jason R. Vick receives the 264th Corps Support Battalion colors from Col. James G. Currie, 507th Corps Support Group commander, during the change-of-command ceremony at Seay Field Friday.

his command staff weekly. He's been training me to be a better briefer," Gerding said.

*See 264th, page 44*

## *Contracting command gets new commander*

By Spc. Kenneth McNay, Contributor

The 18th Contracting Command, 1st Sustainment Command (Theater), conducted a change-of-command ceremony June 26 at Dahl Physical Fitness Center.

Lt. Col. Robert Schumitz, who served as 18th CC commander from June 2003 to June 2006, officially passed the reigns of the unit to Lt. Col. Paul Pardew during the passing of the colors.

"Every time we need something (contracted) for our Soldiers, we turn to [Schumitz] and the 18th CC," said Brig. Gen. Kevin A. Leonard, 1st TSC commanding general.

The 18th CC's mission is to train and deploy contracting officers and noncommissioned officers to

provide contracting support by procuring supplies, services and minor construction in support of operational forces during any operation.

Although the unit in garrison here is made up of little more than two dozen contracting officers and NCOs, their service in today's war-fighting force is invaluable. They are integral to providing logistical support, said Schumitz.

In October 2004, 18th CC began deploying in support during Operation Iraqi Freedom with the 1st Corps Support Command up until as late as spring 2006 providing contracting support.

*See CONTRACTING, page 44*

# Command changes over for MOH recipient

By Spc. Jerome Bishop

The Special Troops Battalion of the 1st Sustainment Command (Theater) bid farewell to their commander and welcomed a new one during the STB change of command ceremony June 29 at the 1st TSC Memorial site.

Completing a successful 37 months in command, Lt. Col. Gordon R. Roberts passed the reigns of the battalion to Lt. Col. Sherrie L. Bosley to continue the leadership of the unit.

"Many of us in the old [1st Corps Support Command] and now the sustainment command have been honored to have Lt. Col. Roberts as our battalion commander over the months," said Brig. Gen. Kevin A. Leonard, 1st TSC commanding general. "The opportunity to serve with this national treasure has been inspirational and educational."

Roberts, a native of Lebanon, Ohio, enlisted in the Army at age 17 in 1968 as an infantryman, and earned the Medal of Honor, two Silver Stars, the Bronze Star and other awards during his time served in Vietnam.

In 1988, Roberts received a direct commission into the Ohio National Guard after 17 years working in the civilian courts and social services and returned to active duty in 1991.

Prior to his command of the STB, Roberts served as company commander for the 547th Medical Company (Clearing), at Hunter Army Airfield, Savannah, Ga.; troop commander of the 543rd Area Support Company in Taegu, Korea; commander of C Company, 261st Med. Bn., here, commander of Task Force 261, Port-au-prince, Haiti, and commander of the 249th General Hospital in Fort Gordon, Ga.

During his time at the STB, Roberts was well known for ensuring the training requirements for the top-heavy officer and NCO battalion were met, and in every case traveled to the ranges to see it happen.

"He leads from the front," said Command Sgt. Maj. Jimmy E. Rutherford, STB command sergeant major. "He is one smart guy - he knows the ins and outs of getting a unit ready for war."

Lt. Col. Gordon R. Roberts (middle right), outgoing commander of the Special Troops Battalion, 1st Sustainment Command (Theater) passes the battalion's colors to Brig. Gen. Kevin A. Leonard, 1st TSC commanding general, while incoming commander, Lt. Col. Sherrie L. Bosley (middle left), and battalion command sergeant major, Command Sgt. Maj. Jimmy E. Rutherford (right) watch.

"His quiet, sure confidence and determined leadership style combined with the example he sets on a daily basis demonstrates loud enough what an outstanding leader he really is," said Leonard.

Bosley, who arrived at Fort Bragg after completing a year-long tour as an instructor at the Command and General Staff College and small group leader at Fort Leavenworth, Kansas, and a 10-month stint with the Defense Logistics Agency in Columbus, Ohio, took command of the STB.

"It feels great (to be taking command)," said Bosley, "not everyone gets to take command of a battalion so it's an honor to be selected. It's great to be back at Fort Bragg."

After enlisting in the Army in 1965, Bosley started her military career as an air defense artillery operations specialist. At the end of her first enlistment, she left active duty with the rank of sergeant and attended the

*See MOH, page 44*

Photos by Spc. Jerome Bishop



# Up and running: ERT provides protection, assistance

By Staff Sgt. Pete Mayes, TF 81st Contributor

You're at work when the pager goes off, telling you to report to the Force Operations Center.

You arrive with your equipment in tow: individual body armor, kevlar, and an M-16A2 automatic weapon. After assessing of the situation, you climb into the up-armored humvee, and head out into the Sinai desert to accomplish your mission.

Such a scenario plays out daily for members of the Multinational Force and Observer's Emergency Response Team station in Sinai, Egypt.

This U.S. - led group is responsible for providing the Multinational Force and Observers with the ability to protect and render aid to its members found in hostile environments.

Already, the ERT has proven its worth, most recently during a suicide bomber attack in April that left the attackers dead. It took the ERT only 15 minutes to arrive at the scene, where they then provided security along with the Egyptian authorities.

"Their ability to react quickly to the situation was crucial," said Capt. Marco Bongioanni, training operations officer for the 1<sup>st</sup> U.S. Support Battalion.

The ERT was established by the Force due to the changing security situation in the Sinai. Six U.S. Army up-armored humvees are the operating platform for the ERT. They provide a higher level of force protection capability than the MFO's regular fleet of vehicles.

Training for the teams began in January. Currently, there are at least 45 U.S. Soldiers trained and qualified as ERT members.

They go through an intensive two-week course, where they are trained on driving humvees through the rugged desert terrain, roll-over and emergency water-egress drills, and the proper use of communications and navigational equipment.

"The best part of this training is that we now have Soldiers who

are psychologically prepared to meet the new security situation we now face. I am absolutely happy with our efforts so far," said Maj. Gen. Martinelli, the MFO commander in charge of the training the Soldiers receive.

The team itself is comprised of four components: a Medical Evacuation Team, used to render medical aid; an Explosive Ordnance Disposal team, used to seek out improvised explosive devices; a command and control team, which directs movements on the ground and provides security; and an aviation company that also provides a team for security as well, Bongioanni said.

Soldiers from the Fijian Battalion accompany these two components. Similar teams operate at the MFO's South Camp, he said. The ERT has also been used as convoy escorts and to check roads the MFO uses to ensure they are safe.

The events of the past year in the Sinai have more than justified the need for such a team, Bongioanni said. "It has become a key piece to any type of emergency response in areas that have been identified as hostile."



Photo contribution by Sgt. 1stClass Stacy Niles

Emergency response team members of the 2nd Fiji Infantry Regiment (orange helmets), assigned to the Multinational Forces and Observers in Sinai, Egypt and members of the U.S. Army Task Force Sinai pose in front of one of their response vehicles while at North Camp.



Pfc. Michael Smith, Military intelligence analyst. AN ARMY OF ONE.

# I AM AN ARMY OF ONE

## 1st Sustainment Command (Theater)

Nothing moves without  
logistics.



U.S. ARMY

# Soldiers work to become combat ready

By Maj. Sonice Lumbaca

Every morning during the normal duty week, Soldiers all over Fort Bragg rise at the crack of dawn to participate in activities that will aid in continuing to maintain their combat readiness. One early morning activity is physical training, or what most Soldiers are used to referring to it as- PT. Because of the frequency in which PT is conducted, Soldiers here remain in tiptop shape year round. However, for some, wonderful life-changing events, such as the birth of a child, can disrupt a Soldier's physical fitness level and consistency.

One Soldier made it a mission in her life, along with two assistants, to ensure that postpartum Soldiers



Photos by Maj. Sonice Lumbaca

Master Sgt. Ruby Murray is the primary instructor for the Womack Army Medical Center's Postpartum Physical Training. Murray, who has been on the program herself, believes that this program has quickly helped Soldiers return to combat ready status.

exercise properly and receive proper education on their pregnancies, ensuring that postpartum Soldiers restore themselves to being combat ready is equally important, she said.

To run the postpartum program takes a team of dedicated and motivated Soldiers- ones who understand what pregnant Soldiers go through during and after the birth of a child.

During her first tour at Fort Bragg in 1998, Murray had her first child. At this time, she was unaware of the WAMC postpartum program. So, after giving birth, Murray began a rigorous individual PT regimen after the duty day ended.

## Postpartum PT Instructor restores fitness an

here have the proper tools and motivation to return to their prepregnancy weight. She is able to accomplish this as a volunteer through the Womack Army Medical Center Pregnant Soldier Wellness Program.

Master Sgt. Ruby Murray, a 34-year-old automated logistics specialist with the 1<sup>st</sup> Sustainment Command (Theater), and the primary instructor for postpartum PT, knows all too well how beneficial the program is and how important it is to restoring the fitness confidence in these Soldiers. Murray, along with the two additional instructors, Staff Sgt. Alexandra Fajardo, a 27-year-old

mental health specialist with the WAMC and Sgt. Calnessa Hogue, a 22-year-old paralegal specialist with 525<sup>th</sup> Military Intelligence Brigade, have all experienced childbirth and the intense training it takes to get their bodies back into shape.

While the program isn't mandatory to attend currently, the PSWP ensures that postpartum, along with anti-partum (pregnant), Soldiers here have the proper tools in place to keep them healthy and restore or improve their level of physical fitness. The program has been in place since 1994, said Janice M. Leslie, the PSWP manager. While it is important to ensure that pregnant Soldiers

"I would work out each afternoon to get back into shape," Murray said.

The command took notice of her weight loss and started sending Soldiers to join her, she said.

"(Also) Some of the other postpartum Soldiers saw what I was doing and asked if they could join me."

During an Army Birthday run, many of the command sergeant majors noted a group of female Soldier running in formation wearing t-shirts differently colored from their own. When asked, Murray informed these influential senior noncommissioned officers that these postpartum Soldiers who



## and build confidence

were keeping up with the birthday run formation were a part of an unofficial pregnancy program she has started. Blown away by this, it was then the commands deemed her as primary instructor and recognized the effectiveness of the program.

Additionally, Murray pushed this endeavor a step forward and studied during her personal time to receive a fitness and nutrition diploma. Since then, Murray volunteered to spearhead this initiative as a primary instructor while stationed in Korea, where she and another Soldier implemented a postpartum program. Today, as a volunteer, she remains as the

primary instructor for postpartum PT here.

Not anyone can become an instructor. There is a certification process conducted through WAMC that has to take place.

"We had to go through a two day certification that (culminated) with a written exam," Murray said.

Additionally, candidates have to create and perform a two-minute aerobic routine that tests their overall coordination, talent and demonstrates their level of motivation, Murray said.

"The routine is important because how can (an instructor) motivate Soldiers to come to us on a constant basis if (the instructors)

aren't motivating themselves," she said.

"Normally, (the instructor positions) are six month taskings, however, (Master) Sgt. Murray came to us as a volunteer as an exercise leader," Leslie said.

"(Master) Sgt. Murray has made an impression on the Soldiers and the program," Leslie said. "She's made a positive impact. She motivates the Soldiers quite a bit and word has gotten out about her so I think that we will see an increase in participants in the near future."

Postpartum PT attendees agree that motivation is key to keep them coming back for more rather than conducting what they might not be ready for in participating with their own units. On average, about 20

*See POSTPARTUM, page 45*



# WARRIOR PT

## *TSC Soldiers find innovative use for old training*

By Spc. Jerome Bishop

Soldiers of the Headquarters and Headquarters Company, 1st Sustainment Command (Theater) took an old training tool and put it to a different and innovative use during their morning physical training Aug. 16.

For Wednesday's "Warrior PT", about 90 1st TSC Soldiers stood in formation at Wright Field here in either Army or desert combat uniforms instead of the normal PT uniform, all with rubber and metal training M-16 rifles, turning feared basic combat training corrective training into effective weight-resistance PT.

Warrior PT, which takes place every Wednesday for the Soldiers of the 1st TSC, and gives them a morning of exercises that move away from running and muscle failure and replaces them with exercises such as ruck-marches, drown proofing, and combatives, which are all directed at giving Soldiers physical and combat training.

Standing in front of the formation was Staff Sgt. Thomas A. Piotrowski, the signal systems support non-commissioned officer in charge from Headquarters and Headquarters Command, 1st TSC, shouting commands as he and the

Soldiers began exercising with the weapons.

"The (company) commander and first sergeant have been trying to mix our PT up," said Piotrowski. "First we had the pool PT (June 9 at the Twin Lions Pool here) and now the rifle PT. They're going out of their way to get some variety and (go) away from the regular push-ups and sit-ups."

The exercises consisted of lifting the weapon in front and above the Soldier while performing other movements such as squats and stretching, or performing sit-ups while holding the dummy weapons.

*See RIFLE, page 18*



Spc. Thomas Corrow, a command staff driver from Headquarters and Headquarters Command, 1st Sustainment Command (Theater), extends his rifle above his head while watching the PT Instructor, during the 1st TSC's rifle PT. (Right) Staff Sgt. Thomas A. Piotrowski, the signal systems support NCOIC from HHC, 1st TSC, and Wednesday's PT Instructor, delivers a cadence for rifle sit-ups during the 1st TSC's "Warrior PT" which featured rifle PT. Photos by Spc. Jerome Bishop.



# 1st TSC stays afloat during drown-proofing training

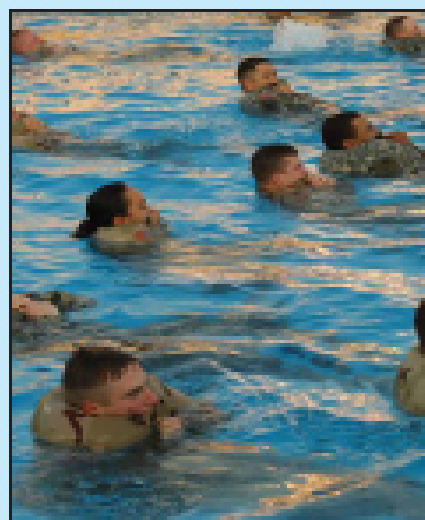


Photo by Spc. Jerome Bishop  
Soldiers of Headquarters and Headquarters Company, 1st Sustainment Command (Theater) swim from one end to the Twin Lions Pool here while keeping their DCU and ACU blouses inflated during drown proofing training June 8.

By Spc. Jerome Bishop

The cool, breezy silence at the Twins Lion Pool on the corner of Normandy St. and Ardennes St. was shattered the morning of June 9 as Soldiers of Headquarters and Headquarters Company, 1st Sustainment Command (Theater) jumped in the water beginning a drown-proofing training.

Training such as drown-proofing classes is one more way for the Soldiers of the 1st TSC to live the Warrior Ethos while giving the Soldiers a new and exciting challenge.

Soldiers who divided into two groups, swimmers and non-swimmers, took to the water to learn how their desert or Army combat uniforms could be used as

improvised personal flotation devices.

The non-swimmers, who stayed in the shallow end of the pool, started the morning with exercises designed to teach them how to swim. However, for Sgt. Dominic Celio, a mechanic from HHC, 1st TSC and the instructor for the "non-swimmer" group, this task was easier said than done.

"I used to work at a summer camp in an aquatic setting and it's hard enough to teach a child how to swim, but with full-grown adults, their fears are already deep rooted," he said.

Taking the Soldier back to the basics not only built their confidence, but also helps ease a fear of swimming, drowning or of water that may have been present in the Soldiers for a long time.

Shortly after, learning how to do the basic "dog paddle" escalated into underwater swimming before the Soldiers began learning how to stay afloat using various parts of their uniform.

"It wasn't bad," said Spc. Andrew Lui, a computer analyst from HHC, 1st TSC and a trainee with the "non-swimmer" group. "I can't doggy paddle or tread water or anything."

Although it may have been harder to learn, Lui tried to learn despite his difficulty with swimming, he said.

Meanwhile on the other side of the pool, those who already knew how to swim received some "deeper" instruction.

The "swimmer" group had a 13-meter swim, instruction on treading water, use of an ACU or DCU jacket and trousers as a flotation device, said Sgt. Robert Bishop, a mechanic from HHC, 1st TSC and

From RIFLE, page 16

These exercises, done in moderate repetitions, gave the Soldiers a little more weight resistance than they're used to.

"It is an added weight working with the dummy weapons, therefore, your getting more exercise," said Spc. Thomas Corrow, a command staff driver from HHC, 1st TSC. The name "Rifle PT" gives away what the training is going to consist of, but the Soldiers were still surprised to see how nice a change in pace can be.

"The training was new, fresh and a surprise for PT," said Corrow. "It was something that energizes you to do more PT because of how refreshed you feel after the soreness wears out."


For most of the Soldiers, this was the first time since basic combat training, where these exercises are done in an excessive number of repetitions for corrective training, that rifles have been used for PT.

Regardless of what the exercises might have reminded the Soldiers of, they welcomed the new variety taking them away from the routine Army workout.

"The rest of the company seemed like they were all pretty motivated and willing to try a new drill," said Corrow. "It is much better than rolling around on the grass every Wednesday. I would like to do it again."

"It's good PT," Piotrowski said. "I enjoyed doing it and I enjoyed giving it. I'm looking forward to doing more out-of-the-ordinary PT," said Piotrowski.

"I do (see it happening more often), everyone seemed to be really motivated and I got good feedback from the some of the Soldiers," he added.

Although the rifles weren't real, the workout was. Adding innovative ways to accomplish the same task is just one more example of the Soldiers of the 1st TSC making life in their corner of Fort Bragg better spent. 

See WATER, page 46

# Soldiers compete for Third Army Soldier of the year

By Spc. Jerome Bishop

Two Soldiers from the 1st Sustainment Command (Theater) traveled to Fort McPherson, Ga., to compete for the Third Army Soldier of the Year Competition.

Spc. Matthew Eley, an automated logistics specialist from Headquarters and Headquarters Company, 1st TSC, succeeded over one other Soldier and took first place first in the 1st TSC Soldier of the Year Board, then again in the Third Army board, while Staff Sgt. Wayne Crudup, the HHC, 1st TSC training noncommissioned officer, competed for and won 1st TSC NCO of the Year.

"Before the competition I'd never been to a board before," Eley added. "I wasn't nervous, but I didn't know what to expect, but I like to compete so I was ready to give it my all."

Going to, and winning, the 1st TSC Soldier of the Year Board gave Eley the familiarization with the board process to know what to expect for his next level – Third Army's Soldier of the Year Board.

"Down at the Third Army Competition, I was ready to have a good time and do my best, and I did."

Doing his best paid off, and much to his surprise, Eley was named the Third Army Soldier of the Year at the conclusion of the competition.

"It's an honor and it's humbling," Eley said. "Friends who know me kid me around with it."

"I didn't think I'd win," he added. "and it didn't hit me that I did until I was getting interviewed by the news in Atlanta."

Although Crudup wasn't able to take the title of Third Army NCO of the Year, just being nominated, winning the 1st TSC NCO of the Year Board, and competing for the Third Army title was a great honor, he said.

"The biggest highlight for me was the experience and knowledge of my fellow competitors," Crudup added.

Unfortunately, Eley's winning streak didn't hold up during the FORSCOM level of competition.

"I think I made fourth place out of nine (at the FORSCOM board)," said Eley. "But they didn't tell us. That was a tough competition."

Even though Eley didn't take the title of FORSCOM Soldier of the Year, Eley was still presented with multiple awards just for making to the FORSCOM level.

For the FORSCOM competition, he won an Army Commendation Medal, a framed Certificate of

Achievement, which also included the coins from the FORSCOM commanding general and command sergeant major, Eley said.

For winning the Boards, Eley was presented with multiple awards and prizes.

"For the 1st TSC competition, I'm going to receive an Army Commendation Medal," he said.

The prize for the Third Army competition was \$300 in cash and gift certificates, about four shirts, a hat and a gym bag all embroidered with "Third Army Soldier of the Year" on them, a painting by a famous artist and a signed speech written by Gen. George Patton. In addition, about 10 coins including those of the Third Army commanding general and command sergeant major, he added.

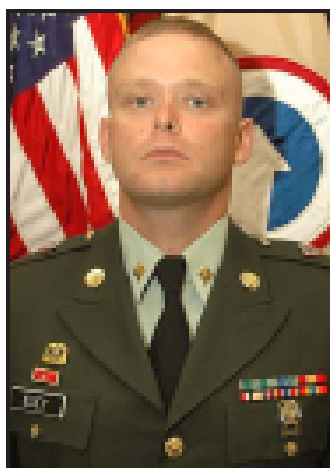
The competitions themselves were made up of more than just the standard interview in front of a panel of five senior NCO's which most board-going Soldiers see at the Soldier of the month and promotion boards.

The scoring for boards consisted of a PT test, weapons qualification, written exam, land navigation, night land navigation, and a formal board before senior NCO's and sergeants major, said Eley.

"The Land Navigation course was the most challenging," Crudup said. "It was really difficult to maneuver in. I wish I had spent more time with the CTT portion of the competition. I didn't work as hard as I should have on my hands-on portion."

The FORSCOM-level competition also included a 600 word written essay on supporting the Army's view regarding a new policy, which allows PT test and tape test waivers for Army schools, he added.

Time was given for the contenders to prepare for the boards during the day, but taking initiative to study during personal time was the key to success.



Spc. Matthew Eley, an automated logistics specialist from Headquarters and Headquarters Company, 1st Sustainment Command (Theater) was named the 2008 Soldier of the Year for both the 1st TSC and Third Army.

See SOLDIER, page 46

# MK-19

## *Explosive suppressive firepower training*

By Spc. Kenneth McNay, Contributor

Soldiers from Headquarters and Headquarters Company, 1st Sustainment Command (Theater) conducted a familiarization range for the MK-19 Automatic Grenade Launcher, June 13.

Photos by Spc. Kenneth McNay

The MK-19, originally developed by the Navy, has become an important weapon system for the Army. It offers explosive suppressive firepower, and it can be mounted to a vehicle gun mount or

on a tripod. While deployed in to Iraq, Soldiers from 1st Corps Support Command, now the 1st TSC, used the MK-19 continuously on combat logistics patrols.

With the supervision of Sgt. 1st Class Sean Boyd, range safety non-commissioned officer in charge, Soldiers engaged targets with the MK-19 at a distance of 400 meters.

On this training range as on any other range, safety was the highest priority.

"Safety first; you can't get enough safety when it comes to

these weapons," Boyd said.

He was careful to maintain safety on the range between the two weapon systems that were on the firing line.

"The range today went great," Boyd added, "Anytime you get to train Soldiers is a perfect day."

There is always an element of excitement in putting rounds down range. The Soldiers agreed that the day's training was fun, and that continued training builds skills for future deployments.

Pvt. Michael Smith, from Headquarters and Headquarters Company, 1st Sustainment Command (Theater), loads the feed tray of the MK-19 while Pvt. Ruben Barela watches with anticipation at the familiarization range June 13. Photo by Spc. Kenneth McNay.





### ***MK-19 Mission***

Deter, and if necessary, compel adversaries by enabling individuals and small units to engage targets with accurate, lethal, automatic indirect fire.

### ***Entered Army Service***

1983

### ***Description and Specifications***

A self-powered, air-cooled, belt-fed, blowback-operated weapon designed to deliver decisive firepower against enemy personnel and lightly armored vehicles. It replaces the M2 heavy machine guns in selected units and will be the primary suppressive weapon for combat support and combat service support units. The MK19-3 can be mounted on the HMMWV, M113 family of vehicles, 5-ton trucks, and selected M88A1 recovery vehicles.

<b>Caliber:</b>	40 mm
<b>Weight:</b>	72.5 lbs
<b>Max effective range:</b>	2200 m (area target)

Pvt. Michael Smith, an intelligence analyst from Headquarters and Headquarters Company, 1st TSC, recalled the last time he fired a MK-19.

"The last time I fired a MK-19 was during basic training. We were only allowed five rounds and the drill sergeants were all pretty uptight," he said, "Today's range has been more relaxed."

However, some Soldiers seemed motivated to do more. Several Soldiers wanted to have more rounds to fire and more time on the weapon system. Others wanted to fire from several different platforms.

"I wish we would fire from a truck," said Smith, "That would be more realistic."

Although the training could not recreate the realism of combat, having the familiarization and training before an event helps. When one of the weapons jammed, Boyd took advantage of this time to give hands-on training about malfunctions.

"Ninety percent of them have some familiarization because we did a preventative maintenance inspection [prior to the range]," said Boyd.

At the PMI, the Soldiers broke down the weapon and took time to

learn about malfunctions such as a misfire or a runaway gun scenario.

The key point of this training was to give the Soldiers some time to familiarize with the weapon and feel comfortable around it. When they're in a combat situation, they will know how to operate it, said Boyd.



Photos by Spc. Kenneth McNay  
Pvt. Ruben Barela, from Headquarters and Headquarters Company, 1st Sustainment Command (Theater), inspects the 40mm training rounds used by the MK-19 Automatic Grenade Launcher before carefully replacing them into the ammo container at the familiarization range June 13. Photo by Spc. Kenneth McNay.

31 January 1975

Page 4

# LEVEL LINE "Feel proud of myself" SP/4 Gatten WAC first woman on integrated color guard

SPECIALIST 4 TISCHA GATTEN, 63rd ENGINEER COMPANY (TOPO)(Corps) is the first WAC in the history of the 1st Corps to participate in a parade as a member of the color detail in ceremonies held on Castle Field September 18 1974. SP/4 Gatten was the only woman on the detail consisting of SP/5 William McCreary, SSG Michael Eddy, and SP/5 William Benning all of the 63rd Eng. Co.

When asked why she was selected Tische replied: "I guess you could say that I was volunteered." Sergeant went to my platoon sergeant and people for the detail and he (the Plt. Sgt.) said "I didn't think much of it at the time." It was quite a trip. "WOMAN TO BE SHOT BEHIND THE FIRST FORWARD!" "Really I'm quite proud of it. It was a lot of fun. When I was a really a challenge to me. I could come in."

Ala. and her choir to, where she was assigned to study. "It was a challenge."



SP/4 Gatten(right) on color detail with SP/5 McCreary, SSG Eddy, and SP/5 Benning.



(Above) An archived article from January 31, 1975 of Spc. Tische Lynn Gatten's integration into the 1st Corps Support Command's colorguard. (Left) Spc. Tische Lynn Gatten poses in her color guard uniform. Gatten was the first female soldier to become a member of the color guard. Courtesy Photos.



(Right) Sps. Tischa Lynn Gatten, 83rd Engineer Company, 1st Corps Support Command, along with three other members of the company, participate in the New York Bicentennial Parade held July 4, 1975. Gatten made her mark in history as the first female color guard member.

# Three pants and a skirt

By Master Sgt. Richard D. Greene

Tischa Lynn Eddy didn't join the Army to break any barriers, but she did, and it all started as a joke when she had a different name.

In the spring of 1974, the first sergeant of the 1<sup>st</sup> Corps Support Command's 63<sup>rd</sup> Engineer Company received a tasking to form a color guard. He had three Soldiers and needed a fourth, so he called a company meeting. When he asked for a volunteer, as usual there was the awkward silence every Soldier knows. But then out of nowhere, a Soldier by the name of Staff Sgt. Michael Eddy shouted "Get Get to do it." Everyone in the

meeting laughed. Sps. Tischa Lynn Gatten? A female- on the color guard?

"I said it as a kind of joke," said Eddy who would years later become the husband of Gatten. "I was her squad leader (then), but everyone knew she could do it."

Gatten, who was known as "Get", was undeterred at the laughter. She knew she could do it too. Gatten and two others were the very first females assigned to the previously all male 33<sup>rd</sup> Engineer Group; why should this assignment be any different?

"I didn't care if there were no women in the color guard before me," Gatten said, "It's not like we

were leaving the planet. No, (women are) here to stay."

The Engineer's incorporated Gatten and two other female photometric stereo plotters to the cartography squad under the charge of Staff Sgt. Michael Eddy. The Army was changing, but they still referred to female Soldiers as "WAC's" as they had since the Women's Army Corps in World War II.

Gatten, Eddy, and two other Soldiers formed the color guard and practiced constantly. Around May of 1975, preparations began for the big Bicentennial Parade to be held in New York City on the fourth of July. Word of the 63<sup>rd</sup> Engineers'

*See SKIRT, page 47*

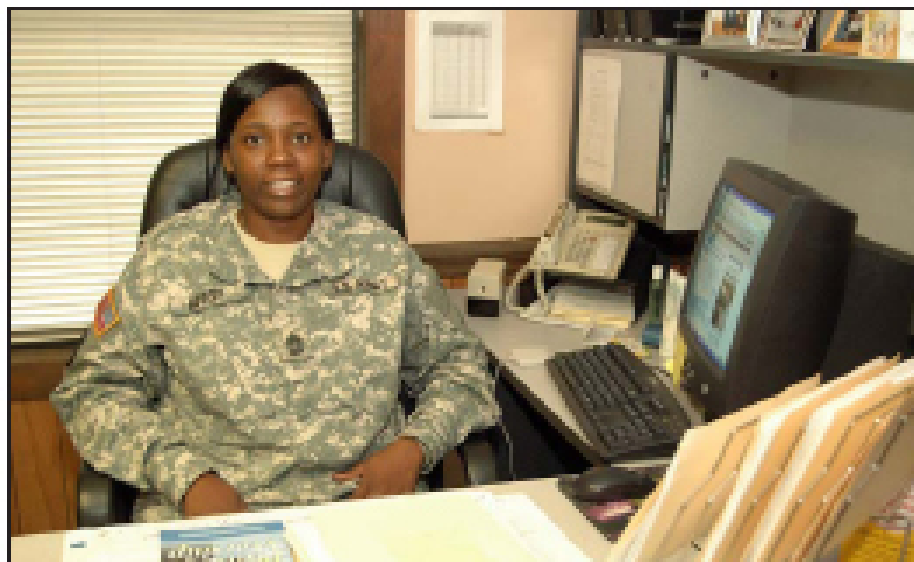


Photo by Spc. Jerome Bishop  
Master Sgt. Sharon Boose, an assistant inspector general from Headquarters and Headquarters Company, 1st Sustainment Command (Theater) won the Penn State University Exceptional Student Award for November 2006.

## IG Soldier wins award in academic excellence

By Spc. Jerome Bishop

Being a Soldier and being a college student are two equally challenging tasks, both with their fair share of ups and downs, but combining the two might be enough to scare some Soldiers away from continuing their education while on active duty.

But for Master Sgt. Sharon Boose, an assistant inspector general for the 1st TSC, her determination to succeed as a student and as a Soldier warranted her selection for the Penn State University Exceptional Student award for the month of November for maintaining a 3.7 grade point average in her online studies as well as being both a Soldier, and an outstanding member of the community.

"One day in July, I came to work and saw an email about this award. The email asked if I wanted to share my story. So a few days later I decided to send my story in," said Boose. "Next thing I know they wanted to set up a telephone interview and that's how this whole thing got started."

Boose, who started her master's degree in adult education, is nearing the end of her online degree through Penn State University.

"I officially started in 2002 (for my master's degree). I have a bachelor's degree in psychology with a minor in sociology," she said. "I'm nine hours from completion and I've almost finished my master's through the Electronic Army University."

The eArmyU is a program developed by the Army to help Soldiers get an education while serving on active duty through online courses offered by colleges and universities through out the country, which was an important consideration made by Boose when choosing a school.

"Penn State is a good school, but it was one of the few schools who had a complete online program for my master's degree without having to take any classes at the school," she said.

Outside of work and school, Boose takes an active role in her community as well as her church, where she

plans on putting her degree into practice.

"I'll be teaching, but I'll be teaching in ministry. I'm also an ordained Evangelist minister," said Boose. "I may teach at Fayetteville State University."

Although she isn't currently filling a minister role yet, she still takes part in weekly services and outreach programs, while being a Soldier, a student, a wife and mother to four children, Boose said.

"It takes a lot of hard work and staying focus and committed to the goals you have established," She added. "I can't say that I had specific challenges, but taking courses online has offered me a lot of flexibility and not take a lot of time away from my family."

Managing her time was important when juggling her career, education and her family life all at the same time, but she found a simple solution, which she doesn't mind sharing.

"I would encourage Soldiers who are in school to take a break from time to time in order to avoid being stressed out and overwhelmed," Boose said.

By receiving this award, Boose hopes more Soldiers will come to realize what they're capable of, despite what else is going on in their lives.

"I think it's an honor, and a privilege to be receiving this award and that there's people out there who look at me as more than a Soldier," she said. "Being chosen and doing it through eArmyU lets other Soldiers know they can go back to school and be a Soldier too."

"I would like to encourage and challenge all Soldiers to enroll in college courses via sitting in a classroom or online," she added. "The Army has afforded the opportunity and now pay 100% of tuition; why not be all that you can be?"



# Redeployment brings families together

By Spc. Kenneth McNay, Contributor

About 180 Soldiers from the 249th Quartermaster Company, 507th Corps Support Group, returned from Iraq while friends and family gathered to receive them at Pope Air Force Base's Green Ramp May 28.

Members of the 249th Qm. Co. had been deployed in support of Operation Iraqi Freedom under what was known as the 1<sup>st</sup> Corps Support Command, now the 1<sup>st</sup> Sustainment Command (Theater).

"What better time than Memorial Day — a day to remember heroes — to receive heroes home," said Col. James Currie, 507th CSG commander.

The Montfort family, who gathered for the return of one of their own, can agree with this statement.

Three generations of Montforts have deployed in overseas wars including Spc. William Montfort III, a supply specialist from 249th QM Co., who was welcomed home by both his parents and grandparents. His grandfather, William Montfort Sr. had served in the military during World War II, and his father, William Montfort Jr., had served in the Army Aviation Corps during the Vietnam War.

William Sr., a native of Florida now living in North Carolina, along with his son William Jr. and wife, Dorothy, waited patiently for their grandson.

Sam Montfort, another son of William Jr., also waited for his brother's return.

"It was actually the first time I was really kind of worried about him," said Sam.

Montfort III was a part of the Army Reserves until about 18 months ago. He transferred into active duty and was stationed here, William Jr. said.

After arriving at Fort Bragg, Montfort III didn't spend much time working with the 249th Qm. Co. before preparing to deploy.

"As soon as I hit Fort Bragg I did a little bit of warehouse work, but after that it was deployment prep," said Montfort III.

*See REDEPLOY, page 47*

Soldiers from the 249th Quartermaster Company, 507th Corps Support Group, render a salute during the playing of the National Anthem shortly before being released from their redeployment ceremony May 28 at Pope Air Force Base's Green Ramp. Photo by Spc. Kenneth McNay.



## SHARP SHOOTER



Courtesy photo

(left) Sgt. 1st Class Steven Chow, Food Service Specialist, 1st Sustainment Command (Theater) poses with President George W. Bush during his July 4th visit to Fort Bragg. (Below) Soldiers from Headquarters and Headquarters Company, 1st Sustainment Command (Theater) surround Staff Sgt. David Singleton as he demonstrates the proper method of disassembling a M-249 Squad Automatic Weapon.

Photo by Spc. Jerome Bishop





Photo by Spc. Jerome Bishop

(Above) Sgt. Eva Patterson, command staff secretary from Headquarters and Headquarters Company, 1st Sustainment Command (Theater), along with other members of the unit, demonstrates her motivation while pushing her rifle into the air during Warrior PT. (Right) Soldiers from the 1st Sustainment Command (Theater)'s operations section grill some burgers outside their office during a section Organizational Day for the G-3 Soldiers and their families.



Photo by Spc. Jerome Bishop





Photos by Maj. Sonise Lumbaca  
 (Above) Michelle Brown (right), the wife of a Fort Bragg Soldier, dives out of a PAC 760 skydiving aircraft at 5,000 feet while Lisa Stowell, a volunteer instructor with the Fort Bragg Sport Parachute Activity, observes Brown's exit over the Raeford Drop Zone. Stowell, who has over 600 jumps started with the FBSPA about two years ago and has since advanced to the Instructor level. (Right) Brown preparing to land.



# Need A Weekend Adventure?

## *Skydiving, a sport you will "fall" for*

By Maj. Sonise Lumbaca

"Sky Monkey, are you ready to jump? Step in the door...Go!" are the commands given to skydiving students at the Fort Bragg Sports Parachute Activity here. These students are aiming high to join a community where jumping out of a perfectly good aircraft is a way of life.

The FBSPA is a Morale Welfare and Recreation organization that allows active duty military, reservist, retirees, and Department of Defense employees and their family members to partake in skydiving training and certification. Additionally, tandem jumps are available for those who want to experience skydiving, however do not want the responsibility of deploying a parachute, maneuvering and controlling their landings.

Prior to becoming the FBSPA, the club was known as the Green Beret Parachute Club, which opened its doors in 1957. The 82nd Airborne Division also had a sport parachute club. However, in October 2003 both clubs combined and it has operated as the FBSPA ever since.

"I am learning to skydive because it looks exciting," said Capt. Wilton Morales, a 35-year-old signal officer with 1st Battalion, 7th Special Forces Group.

Prior to enrolling in the training, Morales traveled to the Raeford Drop Zone, where the jumps actually take place, to decide whether or not skydiving was something he wanted to pursue.

"I came to the drop zone to see a few of my friends jump and after seeing them jump I decided that this was definitely something that I needed to try," Morales said.

Morales and a few others enrolled in the course in mid June.

The first week of training is conducted in a classroom setting.

The skydiving theme of the classroom and staff members are quite welcoming, many of the students agreed.

"I think that the environment and climate of the class made me and other members of the class feel more comfortable with the training," Morales said. "Also, the best part about this class is that it is progressive learning."

Students come to class during the first week for four days, Monday thru Thursday, to learn the basics about skydiving. During this phase, they learn body position while dropping from the air, how to exit the aircraft, how to deploy their parachute, the types of equipment they will use and how to use it, safety precautions and measures





and how to handle malfunctions should any arise. Additionally, they learn to pack their own parachute.

Because packing the parachute is one of the most important things required in skydiving, next to deploying the parachute, students have to correctly pack their parachutes at least four times before they will be allowed to skydive; and, there is always a Federal Aviation Administration certified rigger on site to assist them.

Skydiving normally occurs the weekend after the classroom session depending on the weather forecast.

Spc. Brian P. Brown, a 23-year-old rigger with the 612th Quartermaster Company, 307th Corps Support Group also joined the class when Morales did and has since surpassed him in skydives.

"My first skydiving experience was a tandem jump on my 18th birthday," Brown said. "I knew then that I wanted to do this as a sport."

Brown had to put off skydiving due to timing and personal finances. However, when the opportunity finally arose, he jumped at the chance to take lessons.

"Skydiving can be a little pricey, however what this school offers, it is well worth the investment," Brown said.

Brown, who currently conducts airborne operation with the Army, said there were some challenges in adapting to the difference in Army airborne operation and skydiving.

"The jumping methods are totally different styles, but it doesn't take too long to adjust," he said.

"Although some of the students who attend the course are already on airborne status because they jump with the Army, anyone who wants to participate in the training doesn't have to have this as a prerequisite," said Charles "Mac" McBride, the manager and senior instructor of the FBSPA.

McBride, 43, who is an Army retiree and has over three thousand skydives and about 850 tandems under his belt, has been skydiving most of his life and comes from a family of skydivers. Even today his father, who is a 68-year-old, continues to skydive.

Some students are very nervous when they first start out, because it is a high-risk sport. However, with the amount of experience and expertise that his instructors and his staff have, students are able to build their confidence, McBride said.

"I have taught a lot of people how to skydive. Our other instructors, who have 300 plus skydives have taught many people to skydive," McBride said.

"Many of these [instructors] have military backgrounds and have a lot of skydiving experience. [A student] feels more comfortable knowing this, especially when you see how quick they are to help you and answer you questions," Morales said.

The instructors at the FBSPA are all volunteers and are available

*See SKYDIVING, page 48*

# Safety program teaches survival

By Spc. Jerome Bishop

Soldiers from the 1st Sustainment Command (Theater), along with the 507th Corps Support Group, celebrated the 1st TSC Safety Day June 27 in anticipation of the Fourth of July weekend and to build a better overall understanding of personal and public safety.

In a time of the year when accidents related to alcohol use, driving and motorcycle safety, are a chief concern, taking the time to educate Soldiers on bettering safety practices can prevent tragedies from occurring during the summer months.

The day was kicked off with a unit run that started and ended at Seay Field here. Several live-action displays along the run route told the tale of how summer fun for something as innocent as a barbecue can easily turn into devastation if safety measures aren't considered.

During the run, Soldiers peered over and observed as the first display showed how alcohol at a barbecue

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*"Since I own both a motorcycle and a car, any of this could happen to me, now I just have to try harder not to become just another statistic."*

-Spc. Christopher Gagliardi  
Military Intelligence Analyst, 1st TSC

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could lead to a fatal car crash as shown in the second display. The third display, set up outside the old main post cemetery, was described by Brig. Gen. Kevin A. Leonard, 1st TSC commanding general as "hardest one to view" since it depicted the funeral of a Soldier lost in a drinking and driving incident.

Two more displays produced by the Special Troops Battalion, 1st TSC, showed the runners how not to behave while on a watercraft while out boating and what to do when conducting events like a backyard get together.

The displays added a unique and interesting characteristic to an activity frequently held as a tradition, but at the same time, enlightened and educated Soldiers what could happen in a disregard of safety, said Leonard.

Shortly after, Soldiers began gathering at Dahl Fitness Center and began absorbing knowledge of what

can come from unsafe acts such as driving while intoxicated and ignoring motorcycle safety.

Unlike most offenders in DWI incidents, the Soldiers to see first hand how driving while impaired can limit their ability to drive safely through a series drunk driving simulators provided by North Carolina's Governor's Highway Safety Program, which included an electronic driving simulator.

The GHSP also provided "intoxication goggles" that give the illusion of being drunk, which were put to use while Soldiers drove a utility gator through a enclosed course and given a sobriety test.

"The beer goggles gave me a much deeper insight into what it's like to be drunk," said Spc. Christopher Gagliardi, a military intelligence analyst for the 1st TSC. "When you're actually drunk, you don't even know you're that messed up and you tend not to mind, but with those things, you realize you're loss of perception and are sober enough to notice."

At another end of the Dahl FC parking lot was the Blood Alcohol Testing Mobile Unit from the Forensic Tests for Alcohol Branch, North Carolina Department of Health and Human Services.

The BAT Mobile unit can be set up anywhere as a DWI checkpoint. With them, DWI arrests can be made on the spot and the sentence carried out moments after an intoxicated driver is pulled over.

"[The BAT Mobile] has everything to test blood alcohol content and charge an offender for driving while impaired," said Steve Mortgart, BAT Mobile unit manager.

More than 70,000 DWI arrests are made each year in North Carolina, higher than any other state. In Cumberland County, there are approximately 300-350 DWI arrests each month, said Mortgart.

The BAT Mobile unit features an Intoxilizer 5000, which has a higher accuracy than portable breathalyzers carried by police officers and can be used in legal proceedings.

"[DWI laws are] more aggressively enforced [here] than in any other state. State officials feel very strongly about this," he added.

In another display just outside the main entrance to Dahl FC, Soldiers gathered around a screen and projector to gain insight on fatal motorcycle and vehicular accidents. Graphic images showed Soldiers why it's important to maintain legal speed limits and wear safety belts while operating a vehicle.

See SAFETY, page 49



(Left) Spc. Nakechia Davis of 1st Sustainment Command (Theater) barely misses a short traffic cone while driving with the "Intoxication" goggles during 1st T&C Safety Day June 27 outside Dahl Fitness Center.



(Right) Spc. Christine McGarry of 1st Sustainment Command (Theater) gets in the driver's seat on the driving simulator at 1st T&C Safety Day June 27 outside Dahl Fitness Center. Photos by Spc. Jerome Bishop.



# Womack program supports

By Spc. Jerome Bishop

In today's Army, tobacco use can be described as a disease slowly weakening our ability to work, train, and fight. Advertisements on TV are quick to tell anyone who sees it how deadly tobacco can be, but for a Soldier who needs to keep up with deployments and training, they need to know where they can get help.

Luckily for the Soldiers of the 1st Sustainment Command (Theater) and in any other unit here, help isn't out of reach. The Tobacco Cessation Program at Womack Army Medical Center is one place Soldiers can go to get the help they need to put the smoke out for good.

"The first thing we tell Soldiers is they need to go to the Ready to

Quit Class, and it's a down and dirty class where we tell them the risks and rewards of tobacco use," said Karen Goepprich, tobacco cessation program manager at Womack Army Medical Center.

Most people may not think of tobacco use as being rewarding, but the satisfaction of getting a nicotine



# orts smoking cessation

fix is enough of a reward to make them want to continue, she added.

Unfortunately it's these rewards that make tobacco users want to continue, but it's not impossible to quit using other methods besides not purchasing or borrowing tobacco.

"Years ago if you wanted to quit you had to quit cold turkey, but the Army has realized tobacco use is a

chronic disease and there is help now for Soldiers," Goepfrich said. "We let them know they have options and that we can help."

Today, Soldiers can get nicotine treatments and therapies that replace their nicotine addiction with safe amounts designed to slowly wean them off of it all together, and the Army is willing to help provide it.

"Aside from prescription medication," Goepfrich said.

"Someone might not want to use medication, so we can help them find another way maybe with patches or the gum – everyone's different."

"There's the patch, which Womack will supply for free. Then

*Continued on next page*

## Common ingredients found in tobacco products, and where else they can be found:

Provided by the U.S. Army Center for Health Promotion and Preventive Medicine

**Acetone:** Used in nail-polish remover.

**Ammonia:** Used in fertilizers and household cleansers.

**Arsenic:** Rat poison (causes your bad breath)

**Benzopyrene:** One of the most potent cancer-causing chemicals known.

**Benzene:** Industrial chemical in gasoline. Known to cause cancer.

**Butane:** Gasoline ingredient. Highly flammable.

**Carbon monoxide:** Colorless, odorless gas that starves the body of oxygen.

**Cadmium:** Known to cause cancer. Can damage the liver, kidney and brain. Can stay in the body more than 10 years.

**Formaldehyde:** In embalming fluid. Causes cancer and damages the lungs, skin and digestive tract.

**Hydrogen cyanide:** Colorless poisonous gas. Causes headaches, dizziness, nausea and vomiting.

**Lead:** Heavy metal (No, not like Statie-X or Disturbed). Stunts growth, hair loss and damages the brain, kidneys and nervous system.

**Methoprene:** Insecticide used to kill fleas on pet animals.

**Mercury:** Heavy metal. Affects the central nervous system causing tremors, memory loss and kidney disease.

**Nickel:** Heavy metal. Affects the central nervous system, increases chances of respiratory infections.

**Nitric oxide:** In large doses, can cause short-term breathing problems.

**Phenol:** Used in disinfectants and plastic. Causes irritation of the skin, eyes and mucous membranes.

**Polonium:** Radioactive element that is known to be a cause of cancer.

**Propylene glycol:** Has been shown to aid the delivery of nicotine to the brain.

**Styrene:** Used in insulation material. Causes headaches, fatigue, weakness and depression.

**Toluene:** Embalmers glue. Depresses the central nervous system and causes speech, hearing and vision problems, headaches, dizziness and difficulty sleeping.

**Turpentine:** Toxic chemical used in paint stripper.

there's the gum, but we don't supply that, but we will teach Soldiers how to use it," said Gospfrich. "Both of these can be used in conjunction with each other, like if a Soldier were on the patch and was really having a bad craving you can pop some gum in."

The program itself not only helps the Soldier find physical means to quit, but also educates them more on why the practice of tobacco use is bad and why people do it, and offers Soldiers support that is valuable to the quitting process.

"Being in the program practically doubles your chances of quitting because of the support" Gospfrich said. "That's why Soldiers come

into the class so we can monitor them."

Tobacco cessation is broken down into three main areas, each of which is a roadblock that the Soldier must overcome.

"One thing a Soldier has to realize is that nicotine is a physical addiction," said Gospfrich. "If you were to quit then you'd go through withdrawal."

"There's the Psychological aspect and that is the stress management. The last part is the habit because people sometimes light up when they get in the car or when they finish eating. We call it the 'Triangle of Tobacco Use'," she added.

"When they leave the Ready to Quit class, they'll have an idea on how they want to quit," said Gospfrich. "Whether they want to do it on their own or go to our screening which is a four week program."

The four-week program is made of four classes, which walks a Soldier through quitting. The main categories include planning, coping, stress management and nutrition, weight gain prevention and relapse prevention, said Gospfrich.

The successful cessation of tobacco products isn't an easy task, and although additional help may need to be found, it's available for the Soldiers whenever they need it to make their lives better.

## Five Facts About Smoking

Provided by [www.hooah4health.com](http://www.hooah4health.com)

You are a Soldier. You wear the uniform proudly as one of America's best: smart, tough, and good at what you do. You are an Army of One.

But not everyone thinks that. Some companies see you as a weak little nobody and just want to take your

money and your health. And that's what is happening to you and a lot of your buddies. If you smoke, you are being taken for all you've got — your money and your health. So listen up, I'm going to tell you five facts about smoking that ought to make you want to kick tobacco.

**Fact 1:** Smokers are not addicted to tobacco; they are addicted to nicotine.

Nicotine is a drug that occurs naturally in tobacco. Puffing a cigarette is the way to give you the biggest dose of nicotine you can get in just a few seconds so that anyone who smokes cigarettes will get addicted to nicotine.

**Fact 2:** Nicotine is very addictive. The American Lung Association puts it right up there with cocaine and heroin. Most people who begin smoking start to feel addicted after just a few packs; after a carton, well, you're hooked.

**Fact 3:** If you are addicted to nicotine, and since smoking cigarettes is the best way to get nicotine, then those who want your money will provide you with cigarettes, for a price of course. Because you're addicted, your money and your health go up in smoke (literally) one pack at a time.

**Fact 4:** A soldier can quit smoking if he or she wants to. You have the right to quit! Your commander wants you to quit! Your family wants you to quit! But it doesn't matter who else in your life wants you to quit, it's up to you. You have to want to quit. You CAN quit smoking and use your money and your time for a lot better things. You decide. Quitting is hard. But, if you decide to quit, there are some proven ways to succeed and there are some folks at the health clinic who will help you succeed.

**Fact 5:** You may not believe that you should quit smoking. You may not be convinced that nicotine addiction is sucking out your money and your health. Well, try this. Quit for a day, just that one day. See how you feel as the day goes on. If you are irritable, fidgety, can't concentrate and feel like you need a smoke to just settle down, then you'll know that you are not in control anymore, that you are addicted to nicotine. And you'll know that you need to make a plan to quit smoking. Think about it. You decide. Make the right choice. Quit smoking for a day. And then, make a plan to quit for good.



### Additional Tobacco Cessation resources

#### Tobacco-Cessation Resources

- "How to Quit Smoking: The benefits of quitting, health consequences of smoking on the human body, and what happens within 20 minutes after smokers inhale that last cigarette."  
[www.odo.gov/tobacco/how2quit.htm](http://www.odo.gov/tobacco/how2quit.htm)
- "You Can Quit Smoking": A complete kit with information to help smokers become tobacco-free.  
[www.surgeongeneral.gov/tobacco/conspack.html](http://www.surgeongeneral.gov/tobacco/conspack.html)
- "Forever Free: A Guide To Remaining Smoke Free", National Cancer Institute  
[www.smokefree.gov/pdf.html](http://www.smokefree.gov/pdf.html)
- "Smokeless Tobacco": Tips on how to stop  
American Academy of Family Physicians  
[www.familydoctor.org/handouts/177.html](http://www.familydoctor.org/handouts/177.html)
- "Emphasis on smokeless Tobacco, Tobacco Education Basics"  
[www.quit tobacco.com](http://www.quit tobacco.com)
- USACHPPM Tobacco Cessation Tool Kit  
[www.apgea.army.mil/dhpm/Population/TobaccoCessation.aspx](http://www.apgea.army.mil/dhpm/Population/TobaccoCessation.aspx)
- QuitNet Mediation Guide  
[www.quitnet.com/Library/Guides/NRT](http://www.quitnet.com/Library/Guides/NRT)
- "News, Resources and Products to Help you Quit" [www.smokefree.com](http://www.smokefree.com)

#### Resources for Army Leaders

- "The Health Consequences of Smoking: A report of the U.S. Surgeon General."  
[www.surgeongeneral.gov/library/smokingconsequences](http://www.surgeongeneral.gov/library/smokingconsequences)
- "Tobacco and Readiness: How the use of tobacco affects military performance and readiness."  
[www.hooah4health.com/4you/tobacco02.htm](http://www.hooah4health.com/4you/tobacco02.htm)





# Sergeants Major Association conducts carwash

By Spc. Jerome Bishop

From a Soldier's first day in the Army, NCO's usually had the final word when it came to anything related to cleaning, but for a few hours outside General Jackson's military sales store on Yodkin Road, it was the Soldiers who had the final say.

The 1st Sustainment Command (Theater) Sergeant Major's Association held a benefit carwash to help raise money for the organization.

The money being raised in the form of donations will help with retiree and permanent change of station awards and gifts, the unit flower fund that provides flowers to the families of injured or killed Soldiers, and other beneficial programs conducted by the Sergeant Major's Association, said Sgt. Maj. Francisco Torres, aviation operations sergeant major.

"We needed to generate some funds, so we all got together and decided to do this today," he added.

Most of the business came from Soldiers of the 1st TSC who wanted an opportunity to have their superiors go to work for them.

For a \$10 donation, Sgt. Shawn Batien, a Soldier from the 1st TSC color guard, got the chance to have his supervisor, Sgt. Maj. Levi Samuels, operations sergeant major, take a sponge and hose to his truck – a truck larger than most Humvees.

"It's about seven or eight feet tall, with a six inch lift and 37 inch tires," said Batien about his truck.

"It's a good day, it's definitely a good day," he added with a laugh. "I don't normally stop by the car wash but I know it's for a good thing today."

Samuels, who both laughed and cringed at the sight of Batien's truck, was a little torn about what he had to do.

"It's a privilege to know that he came out and give us support," he said. "But it's a monster truck, I wish he would have brought his motorcycle instead."

The car wash was open to any who pulled in, including Soldiers from other units and civilians.

"I was picking up some uniforms and saw the sign so I pulled in," said Spc. Chris Young, a student at the John F. Kennedy Special Warfare Center and School. "I didn't realize they were sergeants major, it's pretty cool."

"I'm going to give \$20, they're doing a good thing on their day off – it's Soldiers helping Soldiers," he added.

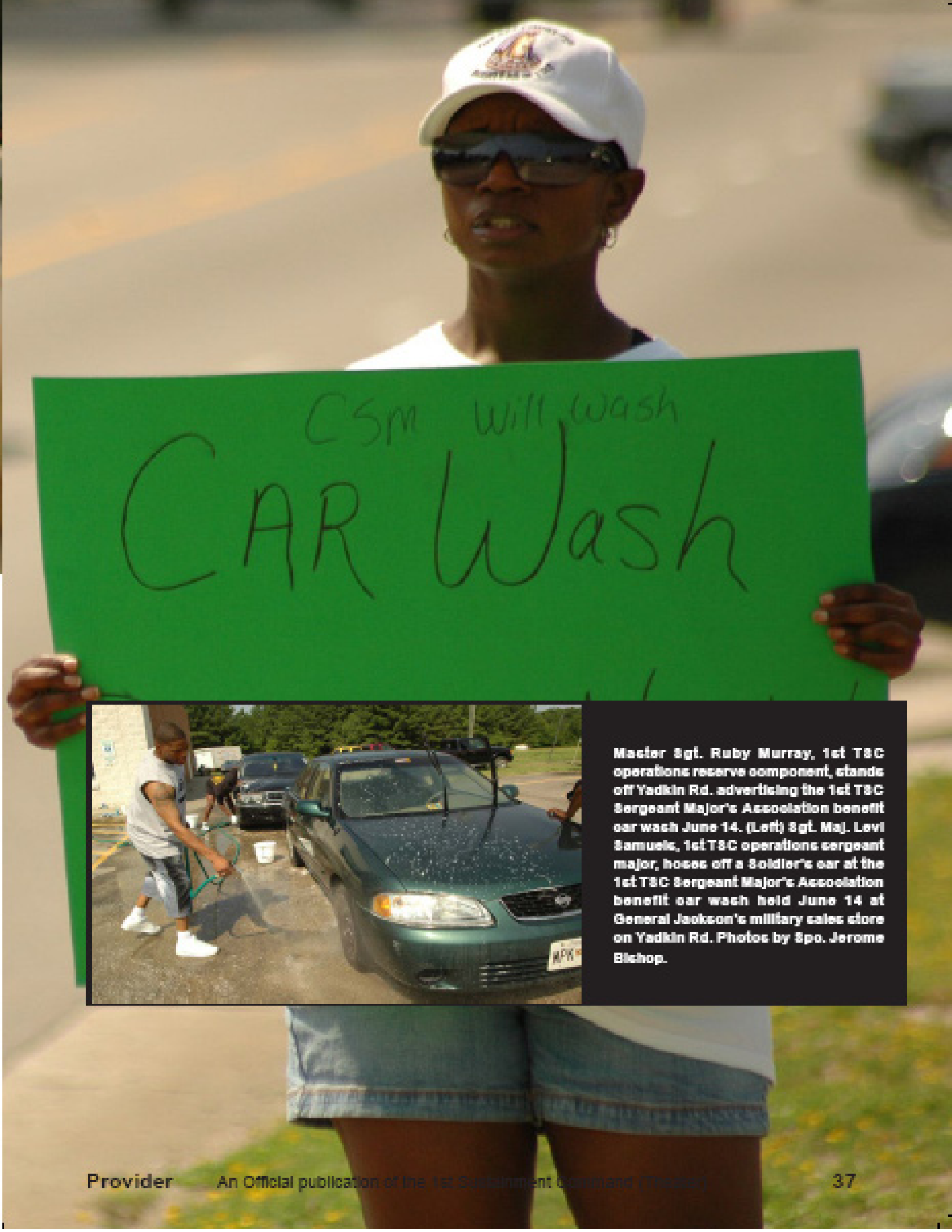
Even though the sergeants major set out to raise money, they took in a lot more than just donations.

"We didn't have a set goal (for donations), but so far from what we've seen it's already exceeding expectations," said Torres, "but when you have young Soldiers give 10 or 20 dollars, it's extremely rewarding."

At the end of the event, the team of sergeants major, with the help of a few master sergeants and sergeants first class were able to take in \$380 in donations.

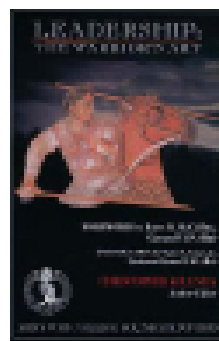






Master Sgt. Ruby Murray, 1st TSC operations reserve component, stands off Yadkin Rd. advertising the 1st TSC Sergeant Major's Association benefit car wash June 14. (Left) Sgt. Maj. Levi Samuels, 1st TSC operations sergeant major, hoses off a Soldier's car at the 1st TSC Sergeant Major's Association benefit car wash held June 14 at General Jackson's military sales store on Yadkin Rd. Photos by Spc. Jerome Bishop.

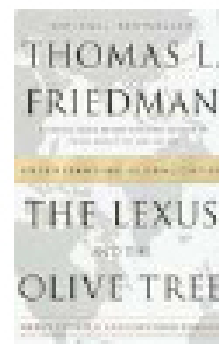
# Military Professional Reading



## The Warrior Art

**Leadership: The Warrior's Art / Christopher Kolenda**  
This wide-ranging anthology brings together noted military minds as they examine the crucial role of leadership in the

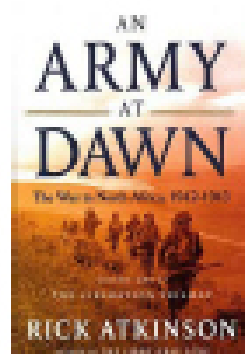
crucible of combat and relate the lessons learned. They also attempt to apply these principles to the stressful world of business. The book covers both classic and modern concepts of leadership that will serve as an excellent introduction to the study of leadership for junior officers and NCOs.



## The Lexus and the Olive Tree

**The Lexus and the Olive Tree: Understanding Globalization / Thomas Friedman**

Thomas Friedman, the well-traveled New York Times foreign-affairs columnist, peppers *The Lexus and the Olive Tree* with engaging stories that illustrate his central theme: that globalization, the Lexus, is the central organizing principle of the post Cold War world, even though many individuals and nations resist by holding on to what has traditionally mattered to them - the olive tree. An important primer on the modern world for all leaders.

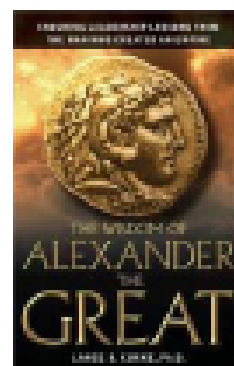


## An Army at Dawn

**An Army at Dawn: The War in North Africa, 1942-1943 by Rick Atkinson**

Most of the West's great battle captains emerged in North Africa, including men whose names remain familiar generations later —

Eisenhower, Patton, Bradley, and Montgomery. Atkinson brings these commanders and others vividly to life, along with enemy generals such as Rommel and Kesselring. He also takes us right to the front lines of every major battle — from Oran to Kasserine to Tunis — and his gripping accounts of soldiers fighting and dying makes the war horrifyingly real. Gradually, we come to understand the profound accomplishments of this bloody campaign.



## The Wisdom of Alexander the Great

A thorough account of the Army's transition from full mobilization in wartime to peacetime support of overseas forces & allies. Reviews WWII

demobilization & the rebuilding of forces & bases in Europe & North Africa, application of the Truman Doctrine in aid to Greece & Turkey, attempts to build Iran as a security force in the Middle East, & the origins of NATO & aid to Western Europe. Details assistance in the Far East, support of Japan, efforts to bolster French defense in Indochina, & maintenance of bases & government assistance in the Philippines. Also discusses the defense of the Western Hemisphere.

# COSCOM Automotive Skill Center helps Soldiers “do it yourself”

By Spc. Jerome Bishop

Although the 1st Corps Support Command no longer exists, the COSCOM Automotive Skills Center on the corner of Blackjack and B streets remains under the same name and continues to give Soldiers a location to get under the hoods of their vehicles and put their automotive skills to use.

[The COSCOM Automotive Skills Center] is an 18-bay shop with an indoor car wash open five days a week,” said James Holloway, business manager for both the COSCOM and 82nd Airborne Division Automotive Skills Centers. “It’s a do-it-yourself shop where Soldiers can come in and we give them expert advice.”

The shop employs professional mechanics who are on hand to assist anyone using the equipment in the shop or to help anyone who just has a question on how to fix their car.

“All of our mechanics are Fayetteville Technical Community College certified to give state inspections and most of our mechanics have at least an associates degree in automotive,” Holloway said.

The center, which is open to all active duty Soldiers, retirees, dependants and family members, and DA civilians and contractors, offers an array of tools, equipment and hydraulic lifts to give Soldiers the advantage of getting their work done in any other professional garage, and the knowledge, pride and discount of doing it themselves.

For example, a Soldier could go out into Fayetteville to get brake work done on their vehicle for \$300 for time, labor charges, and/or parts when they can come to the COSCOM Auto Skills Center and do it themselves for around \$45 plus the price of any parts needed, said Holloway.

Another advantage that the shop offers is while closed Mondays and

Tuesdays, it’s open Wednesdays through Fridays from 2 p.m. to 10 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m.

“We want the shops to be open on the weekends so the Soldiers can come in and work on their time off,” said Holloway.

“This is also one of the few places in the area where you can get an NC state inspection on a Saturday or a Sunday,” he added.

Melvin McGee, a DA contracted system support specialist for Womack Army Medical Center, is a regular at the COSCOM Auto Skills Center.

“I think [the automotive skills center] is great,” said McGee, “I come here all the time and they all know what to do to fix my cars.”

“Today I’m getting a state inspection and getting some air conditioning services,” he added.

The shop offers many professional services beside NC state inspections, although it is one of the most received.

“We do a lot of state inspections, air conditioning services, engine flushes, transmission flushes and tire services,” said Holloway.

With each service the shop offers, the mechanics walk each customer through it and give the customer more insight into how it’s done or to teach the customer a thing or two about maintaining their car.

“Every time I come here I get the best service for the best price,” said McGee. “Plus they basically give you a class each time I have something wrong so the next time I can do it myself.”

In addition to teaching their customers how to perform maintenance on their vehicles, giving them one more outlet to save money is another reward the mechanics receive by working at the shop.

“I try to give the best service at the lowest price and we do our best to help the Soldiers save their money,” said Holloway.



Photo by Spc. Jerome Bishop

James Holloway (left), business manager for both the COSCOM and 82nd Airborne Division Automotive Skills Centers, assists Melvin McGee, a systems support specialist from Womack Army Medical Center, in the proper methods to remove the Freon from the air conditioning unit in his vehicle at the COSCOM Automotive Skills Center.

# Reservists/ Guardsmen

## Income-Replacement Program Launched for Mobilized Reservists, Guardsmen

Source: American Forces Press Service

WASHINGTON, Aug. 4, 2006 - The Defense Department this month kicked off a program to help prevent activated reservists and National Guardsmen from facing financial hardships.

The Reserve Income Replacement Program will pay eligible National Guard and reserve members mobilized for extended or frequent periods the difference between their monthly civilian pre-mobilization income and their current total monthly military compensation.

"RIRP is designed to assist those mobilized Guard and reserve members that are experiencing a loss of income while mobilized," said Tom Bush, principal director of manpower and reserve affairs for the Office of the Assistant Secretary of Defense for Reserve Affairs.

Program payments are not automatic. Guard and reserve members must apply for the RIRP payments through their service personnel offices.

To qualify for RIRP, servicemembers must:

- \* Be serving on active duty in an involuntary status and have completed 18 continuous months of involuntary active duty, or
- \* Have completed 24 cumulative months of involuntary active duty within the last 60 months, or
- \* Be serving on involuntary active duty for a period of 180 days or more that starts within six months of

separation from a previous period on involuntary active duty for at least 180 days.

Guard and reserve members serving on involuntary active duty and earning at least \$30 less than their normal civilian income each month must verify eligibility for this benefit through their military service's personnel system, using a new DD form created for this program, DoD officials said.

Financial records submitted with the RIRP application must include the member's most recent federal income tax return or other record of earnings that shows gross income during the 12 months before the member's mobilization, officials said.

The first payments under the program will be made at the end of August for members who have completed the application and meet all eligibility criteria.

Congress authorized the Reserve Income Replacement Program as part of the National Defense Authorization Act for fiscal 2006. The authority for RIRP will expire Dec. 31, 2008.

Related Sites:

DoD Policy Guidance, Compensation Calculator and Downloadable Eligibility Verification Form [<http://www.dod.mil/rs/>]

Office of the Assistant Secretary of Defense for Reserve Affairs [<http://www.defenselink.mil/rs/>]

### Helpful Web Links

Reserve Unit Locator: <http://www.armyreserve.army.mil/usar/unitlocator/UnitLocator.aspx>

Army Reserve Web Site <http://www.armyreserve.army.mil/ARWEB>

Army Reserve Recruiting: <http://www.goarmy.com/reserve>

Reserve Magazine: [http://www.armyreserve.army.mil/ARWEB/NEWS/AR\\_Magazine\\_Sum06.htm](http://www.armyreserve.army.mil/ARWEB/NEWS/AR_Magazine_Sum06.htm)

National Guard Web Site: <http://www.1800goguard.com/home.html>

## Chaplain's Corner

### Put On Your Spiritual LBE

Chaplain Input courtesy of the Army Chaplaincy Magazine

Ephesians 6:11, 13

"Put on the whole armor of God, that you may be able to stand against the devices of the devil. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand."

Put On Your Pistol Belt (The Belt of Truth), which is God's Faithfulness that holds all things together. Knowing that the Lord is your anchor in life. — Hebrews 6:19

Put On Your Canteen (The Living Water), which can nourish your soul. Knowing that He who offers you the "Living Waters" (John 4:10), has an abundant supply that will never run out.

Put On Your Ammo Pouch (The Word of God), which is "Living and active, sharper than any two-edged sword ... able to judge the thoughts and intentions of the heart." — Hebrews 4:12

Put On Your Poncho (The Righteousness of God). Knowing that the Lord can keep you through the storms of life. That "neither death nor life ... nor things present nor things to come ... shall be able to separate [you] from the love of God which is in Christ Jesus our Lord." — Romans 8:38-39

Put on your Ear Plugs (Spiritual Discernment), which allow you to filter out the bad and tempting voices of this world and to hear "thus saith the Lord." "The sheep listen to the voice of the shepherd ... they follow him because they know his voice." — John 10:3-4

Put on your First-Aid Kit (The Love of Christ), knowing that "by His stripes, [you] are healed." — Isaiah 53:5. Let your first-aid kit be a reminder that the Great Physician is able to bring healing to your wounded life.

Put on your Helmet of Readiness (The Courage of Christ), which signifies that you are ready to move out and engage the enemy. Knowing that the call is, "Onward Christian soldiers marching as to war, with the cross of Jesus going on before."

Finally, pray and keep alert.

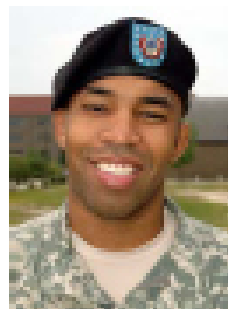
## From the Mule's Mouth

What does Warrior PT do for you?



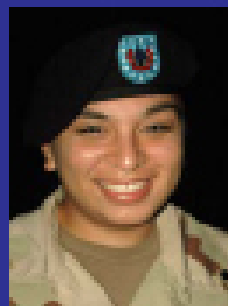
"It helps me get a lot of aggression out and it makes me feel like a warrior."

Sgt. Marisol Williams  
Home Manager  
Headquarter Company



"It prepares me for combat, only during PT hours."

Spc. Pierre Pryor  
Automated logistics specialist  
Headquarters Company



"I like it because it's different, it's not the same thing every day."

Spc. Jessica Toomata  
Unit Armorer  
Special Troops Battalion



# Inspector General



Lt. Col. Kelvin Raven  
Inspector General

Greetings, I am Lt. Col. Kelvin Raven. I have been serving as the 1<sup>st</sup> TSC Inspector General (IG) since Apr 06. Coming from the G3, I understand the tremendous amount of effort that it took to get us to this point in our transformation. Now that we are here we must work on our processes and procedures as we continue to prepare for our new mission.

We are in the process of completing our Organizational Inspection Program (OIP) which all sections will play a major part in. You will hear more about the OIP in the very near future. The Inspection function is just one of our functions that make up the IG mission. We also provide assistance, conduct investigation and inquiries and teach and train. During our transformation, many sections will take on new missions. However, in the IG office whether during peacetime or wartime our mission stays the same. Although, the conditions may change our mission will stay the same. As the eyes and ears of the commander we will continue to

provide first class IG support to the 1<sup>st</sup> TSC.

As the 1<sup>st</sup> TSC prepares for deployment there are many different areas that are of interest to Soldiers and family members. Below are just a couple to start with:

## SOLE SURVIVING SON OR DAUGHTER

AR 614-200, para 5-9 provides the criteria for claiming this status. The regulation also provides information on how to waive the sole surviving son or daughter status.

Some common misperceptions are:

- An only child is a sole surviving son or daughter
- Single parents are a sole surviving son or daughter
- Sole surviving son or daughter is automatic

## FAMILY CARE PLANS

Any soldier who is a single parent or are a dual military family are required to have a valid and current FCP on File.

IAW AR 600-20 unit commanders are responsible for ensuring soldiers who meet the criteria required to have FCP are counseled on establishment and maintenance of the FCP. Without a FCP, a soldier is considered NON-DEPLOYABLE. Soldiers who fail to complete a FCP in the prescribed amount of time will be considered for involuntary separation and may be considered for bar to reenlistment.

Common deficiencies found are:

- Non-existent packets
- Missing acceptance of guardianship
- Outdated powers of attorney
- DA 5305-R not signed/ approved by unit commander
- Missing/ Incomplete allotment forms
- Counseling not completed on DA 5304-R

One deficiency means that the FCP is NOT complete and soldier must be reported as non-deployable on the USR

Any questions about completing a FCP can be answered by the 1st Sustainment Command (Theater) at 396-2768/ 8907.

Inspector General.....	Lt. Col. Kelvin Raven
Deputy IG.....	Lynda Avriett
IG Sergeant Major.....	Sgt. Maj. Joseph McGuire
Assistant IG.....	Master Sgt. Scott Stein
Assistant IG.....	Master Sgt. Sharon Boose
Assistant IG.....	Sgt. 1st Class Lisa Holloway

1st TSC IG Office:

"WE'RE HERE TO SERVE YOU!"

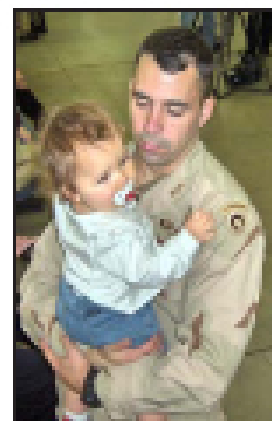
# Army Virtual Family Readiness Group



*Welcome to an introduction to the Virtual Army Family Readiness Group (vFRG) web system. This system was developed with Soldiers and their families in mind. The Army is always striving to implement new programs that will meet the needs and enhance readiness for our families. This resource is available to all battalions, brigades, groups, divisions, and corps for the Army, to include the Army National Guard and U.S. Army Reserve. Everyday new units are added, so if Soldiers and or their family members cannot find their unit listed, they can check this website again later or ask their commander or FRG Leader to request a vFRG for their unit. If you would like more information about the features available within this web system, a vFRG Demo is available for download. It will take you step by step through each feature and where it can be located within the system. To access the Quick Start Guide for New Users, which will walk you step-by-step through the process of registering for the Army FRG Home Page and subscribing to your Soldier's vFRG web site, go to <http://www.armyfrg.org>.*

## Overview of vFRG Web System

The Virtual Family Readiness Group (vFRG) web system provides all of the functionality of a traditional FRG in an ad-hoc and on-line setting to meet the needs of geographically dispersed units and families across all components of the Army. The vFRG links the deployed Soldier, their family, the FRG leader, the unit Commander, the rear detachment, and other family readiness personnel on their own controlled access web system to facilitate the exchange of information and provide a sense of community, using technology to automate manual processes and provide enhanced services and communications. A site or system administrator(s) is assigned by the Commander or Rear Detachment Commander, who serves as the approving authority on user authorization and information published within their command's site.



Many units have put in place FRG sites for Soldiers and their families to access. To ensure restricted access to unit vFRG sites and comply with operational security (OPSEC), all users are now redirected to the Army FRG Home Page at [www.armyfrg.org](http://www.armyfrg.org). This creates a two tiered system of access and prevents unauthorized users from accessing your secure vFRG Site. It will also ensure users are routed to the Army FRG Home Page to stay abreast of news and changes to the system, as it continues to evolve.

## MyArmyLife .Com


Information about Family Programs and Resources can be found by visiting [MyArmyLifeToo.com](http://MyArmyLifeToo.com), The website of choice for Army families, sponsored by U.S. Army Community and Family Support Center, Family Programs Directorate. You can also obtain the latest news and Army programs which support families by going to this website.

*Information on the Army Virtual Family Readiness Group and [MyArmyLifeToo.com](http://MyArmyLifeToo.com) was pulled from the <http://www.armyfrg.org> website.*

can look for IEDs and how we can spread those across the force.”

Although these companies are thousands of miles away from the service members using their equipment in combat situations, their participation in the IED Expo and Symposium may be one more way that their services can get to troops, allowing them both carrying on the fight together.

Bringing the service members who operate this equipment together with the people who produce and supply in one location is the best way to put practical use to the products in the field, Beral said.

“I feel satisfied that there are benefits of symposiums like this,” he added. 

264th, from page 10

“I’ve seen him deal with different situations with Soldiers. He’s a leader that cares about Soldiers,” said Master Sgt. Francisco Morales, HHD, 264th CSB.

Some Soldiers may think that the leadership doesn’t care about them, especially when they get into trouble. Cherry has proven that he cares about what his Soldiers think and is willing to implement some of those ideas, Morales said.

“[Cherry] set a climate within [his] battalion that ensured success, no matter what the mission. The stellar Soldiers on the field before us are a testament to [his] resolute leadership,” said Currie.


Currie described the large impact that the 264th CSB had while deployed. Upon arrival to Iraq, the battalion assumed responsibility for an area that spanned over 7,000 square miles, Currie said.

Additionally, Currie emphasized how Cherry’s battalion issued over 200,000 cases of meals-ready-to-eat and over 700,000 cases of bottled water. To complete its various missions, the battalion conducted nearly 1,300 combat logistics patrols, traveling over 1.2 million miles.

“This battalion is in fine shape for [Vick’s] command and stands ready to receive orders,” said Currie.

Vick’s many years of service have been molded by a fair share of logistics assignments in posts around the world including an assignment with 2nd Battalion, 160th Special Operations Aviation Regiment (Airborne), Fort Campbell, Ky. During his first assignment, Vick deployed in support of operations Desert Shield and Desert Storm. He has served as a company commander twice. His previous assignment was to the Joint Special Operations Command staff.

“Personally I think [Vick’s] going to fill the shoes very well. He’s going to step right into a great organization that’s already established and continue on the successful traditions of the Victory Battalion,” said Seelhorst.

The 264th CSB, as its motto indicates, will carry on its tradition of “Support For Victory”. 

CONTRACTING, from page 10

About 90 service members from the Air Force, Marines and Navy joined the Soldiers under his command while serving in Iraq, Schumitz said.

“There was certainly some familiarization for those who had not worked in a joint service position,” Schumitz said. “They


knew their job and accomplished the mission without any service rivalry.”

Contracting officers and NCOs were embedded with units throughout the theater of operation in support of Multi-National Corps-Iraq, he said.

A total of more than 13,500 contracting actions were performed representing more than \$1.3 billion in supplies and services while deployed to Iraq, Schumitz said.

Leading the contracting support during Operation Iraqi Freedom, Schumitz said, was the most valuable memory during this rewarding command experience.

“[The 18th CC] was the first of its kind,” he said. “The unit that [Pardew] leads will also be the first of its kind as the Army continues to transform and this logistical support is needed.”

Schumitz will continue on to attend the Senior Service College, which is a fellowship at the University of Texas. 

MOH, from page 11

Ohio State University though the Ohio National Guard, where she received a bachelor’s degree and her commission as an officer.

The STB, formerly the Troop Support Battalion until April 2006 when the 1st TSC was the 1st COSCOM, redeployed from its most recent deployment in support of Operation Iraqi Freedom from November 2005 to October 2006, where the unit was awarded the Meritorious Unit Award for its time served during the War on Terror.

While deployed to Iraq, Roberts’s battalion served as a command and control element for the Headquarters and Headquarters Companies for the Corps Distribution Command and the 1st



COSCOM, who provided support for Soldiers throughout the COSCOM. In addition, Roberts was responsible for the overall force protection of COSCOM units in Iraq and the 623rd Quartermaster Company, 307th Corps Support Group, who provided that security.

The mission of the STB continues to be support to the Soldiers of the 1st TSC and prepare for potential future combat operations.

"It's going to be a very challenging and adventurous road ahead," said Bosley.



*POSTPARTUM, from page 15*

Soldiers participate in the training. And, following each fitness session the group conducts an after actions review to ensure that the Soldiers are getting a lot out of the sessions, Murray said.

Additionally, each Soldier submits written testimonies to the instructors during the phases of training.

"I like the fact that (postpartum PT) is really intense," said Spc. Heidi Hartman, a 28-year-old rigger with the 600<sup>th</sup> Quartermaster Company, 1<sup>st</sup> Battalion, 307<sup>th</sup> Corps Support Group. "Master Sgt. Murray and the rest of the instructors are motivating and they work to push each of us to our limits."

Hartman added that she is prepping herself to go to the promotion board and attend the Warrior Leadership Development Course here. Recognizing Hartman's goals, Murray has given Hartman a little more attention to ensure that she is ready to meet them.

"(Murray) has allowed me to lead PT a few times," Hartman



Photo by Maj. Sonnie Lumbaca

Postpartum Soldiers conduct an aerobic workout during postpartum PT at the Dahl Physical Fitness Center here. The Soldier conduct the training every morning during the five day work week, followed by an after actions review to discover ways of improving or sustaining the program.

said. "She looks out for us and I appreciate that."

For many of the Soldiers, this type of additional attention paid to them was crucial to aiding them in obtaining their individual goals.

"To me, (Postpartum PT) is a lot more intense than regular PT (with the unit)," said Pfc. Sherrell Nixon, a 25-year-old information systems operator with the 112<sup>th</sup> Signal Battalion, United States Army Special Operations Command. " (Postpartum PT) builds your confidence and relieves the stress you have after having a baby, plus it pushes your body to the limit without hurting yourself since the instructors understand the condition of a female's body after having a baby."

This is the first time Nixon has attended postpartum PT even though she had been previously pregnant twice. However, due to bed rest ordered by her doctors on both of her previous pregnancies she was unable to participate.

"The best thing about this program is that Master Sgt. Murray focuses on the problem areas we may be struggling with. I always have problems with my run," said Sgt. Sharon Womack, a 36-year-old information systems operator with the 112<sup>th</sup> Sig. Bn., USASOC.

"This program is most definitely helping me. The weight is coming off and my run time is down, so I have improved."

There are many success stories that have come from attending this postpartum PT program.

Sgt. Tracy Devault, a 30-year-old medic with WAMC has been in the program for a little over two months and has already lost 51 pounds of the 75 she gained during her pregnancy.

"I still have a long way to go before I can pass the PT test the way I want to, so I also do extra PT after work," Devault said.

Devault accredits her success to the postpartum PT program though.


*Continued on next page*

*From previous page*

"I wouldn't have been as determined if I didn't have this program because I hate getting up in the morning after being up at night with the baby," Devault said. "Knowing that Master Sgt. Murray is going to be here gives you that extra push."

"There was a time when many pregnant Soldiers would decide to leave the Army because they were having a hard time losing the weight and adjusting to family life," Murray said.

Since Murray has come on board, she had drastically seen a change in this attitude. Additionally, she and her assistant instructors have seen an 80% improvement in their attendee's physical fitness level.

"I love the physical fitness arena so much and when it comes to working out," Murray said, "I believe in going that extra mile." 

*WATER, from page 18*

the instructor for the "swimmer" group.


Regardless of who could swim, every Soldier needed to dive in, highly motivated, determined and with their best effort to succeed in the morning training.

"What stuck the most was how hard it is to swim with all your clothes on," said Pfc. Christopher Brooks, a signal support systems specialist from HHC, 1st TSC, who was a part of the "swimmer" group. "Now I know how hard it is so I can be prepared in an emergency situation."

The training not only gave the Soldiers useful knowledge on how to keep themselves alive, but also skills they can use to make sure that no Soldier is left behind.

"They have to show a lot of personal courage," said Celio, "because if they don't know how to swim, they won't be able to jump in and save someone's life or their own. There isn't going to be anyone there to train them (in real life)."

"I've never had training like this before," said Brooks. "I thought it was interesting and informative and I'm glad I got a chance to do it."

Although not many of the Soldiers know when they'll be able to use what they've just learn, having life-saving knowledge is always a good thing, especially when receiving it can be entertaining at the same time. 

*SOLDIER, from page 19*

"For the competition, I studied every day for about six hours a day, that's all we did for a month. We

did extra PT too," Eley said. "I also studied Common Task Training and some hands on training."

"Every day after work, I'd still study for at least an hour," he added.

"Spc. Eley and myself had study halls with some of the senior leadership in the unit. Just having study halls and getting hands on with some of the material helped a lot. Set training times helped with our preparation for the board," Cradup said.

The hard work in preparation paid off though at the conclusion of the Third Army board. By being the winner, Eley secured himself a spot in multiple upcoming events as a Third Army representative.

"I also get to represent the Third Army at functions including the Third Army Ball, the AUSA Conference with [Sgt. Maj. of the



*Photo by Sps. Jerome Bishop*  
Pfc. Christopher Brooks, a signal support systems specialist from Headquarters and Headquarters Company, 1st Sustainment Command (Theater), uses his DCU trousers as a personal flotation device during the unit's Drown Proofing training at the Twin Lions Pool June 8.

Army Kenneth O. Preston], and a banquet for the Department of the Army Soldier of the Year in October," Eley said.

The experience of going before a board at the Third Army level is one of the best preparations a Soldier can take to prepare themselves for other events like the promotion board, or even just to learn about the Army in general.

"I'd advise anyone to do it because even if you lose, you still learn a lot," said Eley, "I know more about the Army now than I ever did," he added.

Eley's success in these events weren't just luck and skill, but also made up of a drive inside for success, and knowing what to fix if ever given the opportunity to compete again.


"I always liked to compete, and I didn't get a 300 on my PT test. I'd like to go back and max out my PT test because it would have made a difference," said Eley.

With the competition over, the opportunity to compete in such a high level competition has given Eley a lot of insight not normally given to very many Soldiers at his level of rank and time in service, but he has no intention of letting what he learned escape him on his path into his career.

"I like the Army," Eley said, "and I want to make it a career. I'm still undecided if I want to go to officers candidate school or stay and join the ranks of the NCO corps."

Competitions like these take place year-round through out the Army. For the ones who are skilled and lucky enough to be recommended and attend, a unique insight is given, which not only gives them an edge over their peers, but a better shot of success through out the Army where ever they go.

"I believe that these types of competitions are good ways to keep

soldiers on their toes, and keep them informed," said Crudup. "Today's Army is always changing and the competition helps you keep update with current Army regulations and changes." 

See SKIRT, page 23

color guard had gotten around Fort Bragg, Gatten said.

"We got so good it seemed we retired every General on post for months," Gatten said.

"Then out of the blue someone called a meeting and we were told that the 63<sup>rd</sup> color guard was chosen to represent the Army in the New York City Bicentennial Parade," Eddy said.

"When we marched on post we were pressed fatigues, and even then I had to get them from some of the guys. WAC's didn't get fatigues; we wore these mint green polyester shirts, a darker green skirt, and white tennis shoes. But we were going to wear the new Army Dress Uniform in New York," Gatten added.

The new uniform Gatten and the other members of the color guard wore was the first version of the "Class A" green uniform. During that time men wore pants and women could only wear skirts.

"That meant there would be three pair of pants and one skirt on the color guard," she said. "Our command sergeant major wasn't going to let that happen. He wanted four pair of pants and no skirts."

"I was already in the color guard, and I really didn't want him to stop my chance at this," she said. "Just because the Army hasn't seen a female on the color guard doesn't mean I can't do it."

So she used the chain of command to set up an appointment with her commander to try and

change the decision of her command sergeant major, but that only landed her right in front of the command sergeant major's desk, on the receiving end of an exhaustive "chew out" session.

"As the he was telling me that there was no way I was ever going to change his decision, the (battalion commander) opened the door and asked if I was his next appointment. I said, "Yes sir." Gatten said. "I told him what the appointment was about and that I wasn't going to be allowed to march with the color guard."


In dismay, the colonel wanted to know who barred her from participating as a member of the color guard during the New York parade.

"The command sergeant major proudly said 'I did sir,'" Gatten said.

And that's when it happened. What started as a joke by her squad leader was now in the hands of the commander.

Looking square in the eyes of the sergeant major, the commander said "she will march," Gatten said.

"I was so happy," Gatten said.

And so the 63<sup>rd</sup> Engineer Company's color guard marched in the New York Bicentennial Parade with their gleaming chrome helmets, carrying the colors proudly, while wearing three pair of pants and a skirt. 

REDEPLOY, from page 25

The unit conducted convoy live fire exercises to get accustomed to hazards they would face on the roads of Iraq, he said.

"I learned a lot, even up to the day of deployment I was improving myself," Monfort III added.

Continued on next page

*From previous page*

The unit began their tour in Tallil Air Force Base. After two months the unit moved north to escort combat logistics patrols, Montfort III said.

"In that particular environment you have to be aggressive — you have to be — or people will walk right over you," Montfort III said referring to insurgents.

"These Soldiers were a part of the perhaps largest logistics operations conducted since the days of World War II. These operations were conducted over some of the hardest terrain, under the most arduous conditions imaginable, in some of the most hotly contested areas," said Currie.

The 249th Qm. Co. had numerous missions ranging from base security to CLP operations in three locations within Iraq. This is the third deployment since Operations Iraqi and Enduring Freedom for the 249th Qm. Co.

"The exploits of what these Soldiers accomplished will certainly be noted in the history of operations in Iraq. They were involved in defining moments for the country of Iraq, as that country took its first steps to democracy," Currie said.

Members of the unit received eight Purple Heart Medals. Each of the 180 Soldiers in 249th Qm. Co. was recommended for the Combat Action Badge, Currie added.



#### SKYDIVING, from page 29

during the classroom session and on the drop zone.

Michelle Browne, the spouse of a Fort Bragg Soldier, has already completed thirteen jumps despite nervousness when she first joined the training. Browne is trying to catch-up with her husband who is

just a few skydives short of his United States Parachute Association "A License" through the FBSPA. There are three other licenses that can be obtained; however these licenses require a lot more skydiving experience. A USPA "A License" allows skydivers to skydive without supervision after a series of properly executed skydives and a written exam. However, skydivers should still consider themselves as students since there is always room for learning and improvement, McBride said.

Browne is currently working to obtain her license, "and complete a standing landing," she joked.

"Skydiving is something that my husband and I can share in doing together," Browne said. "We were going to try it sooner for our third anniversary, but the timing was off. Now is a better time than any."

While skydiving may appear to be for only the young and the bold, when visiting the drop zone, the appearance is far from the truth. The young and the "not so young" populate the drop zone.

Greg Offhaus, an Army retiree, FAA certified rigger and an instructor with the FBSPA takes pride in the fact that he and other instructors have had students as "young" as 76 years old and have conducted tandem skydives with 80-year-olds.

"Age really isn't a limit," Offhaus said. "If you are in good health and you have the desire, and you meet the requirements, we will take you."

Skydiving schools require that participants are the age 16, with the approval of a parent or legal guardian, and age 18 for tandem skydives.

"I have seen students who have excelled at the sport who on initial appearance look like they may not do so well and end up excelling, and I have seen few who do the opposite," McBride said. "You never know until you try it."

"Everything the instructors said would happen [while skydiving] happened," Morales said. "It felt really good and I can't wait to get back in the sky again."

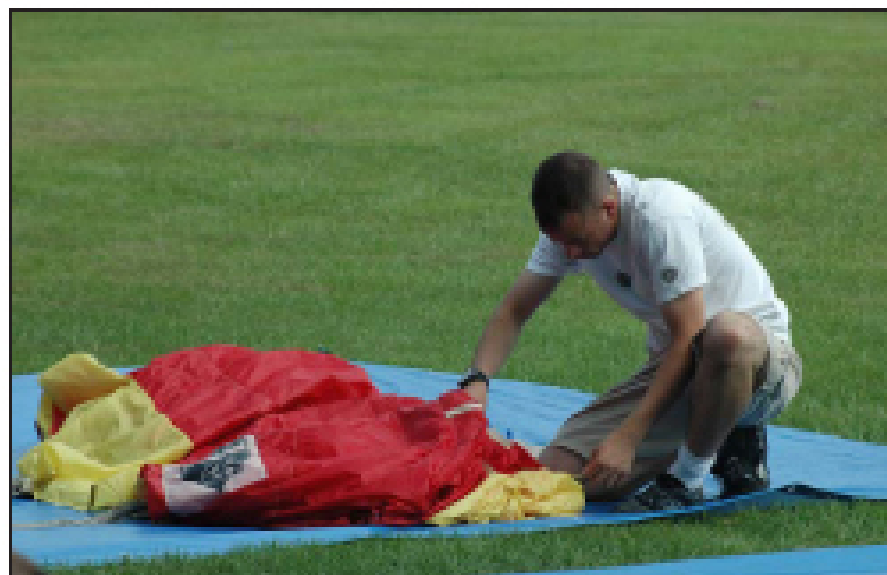


Photo by Maj. Sonise Lumbaca

Sgt. Brian Brown, a rigger with the 812th Quartermaster Company, 607th Corps Support Group, packs his student parachute at the Raeford Drop Zone. During the classroom session of their skydiving training, students at the Fort Bragg Sports Parachute Activity learn to "flat pack" the parachute that they will jump.



## Army Calendar

### Army Ten-Miler

October 8


Start Time: 08:00

Location: The Pentagon and throughout Washington, DC  
Arlington, VA  
America's largest ten-mile race with


24,000 military and civilian participants celebrating the Army's tradition of excellence. The race begins and finishes at the Pentagon, passing such national treasures as the Lincoln Memorial, Washington Monument, and more as it makes its

way through our Nation's Capital. Weekend events include: a two day race Expo, running clinics, a Youth Run, Post Race Party, HOOAH Tent Zone, and a Youth Activity Zone.

One thing McBride promises and jokes, "Skydiving is a sport you will fall for."

The FBSPA operates year round, and is located on the corner of Woodruff and Jackson Street. To find out more about the club go to <http://www.fortbraggmwr.com/sportsrec/parachute/parachute.htm> or call 907-2369. 


*SAFETY, page 30*

"It's hard to see some of the things that they had pictures of," said Gagliardi. "Since I own both a motorcycle and a car, any of this could happen to me, now I just have to try harder not to become just another statistic." 

Many Soldiers agreed that the event was spectacular. Even the event organizer was impressed.

"The BAT Mobile unit allows the enforcement of the law on the spot. I didn't know they could do it all at one stop," said Col. Rhonda Urey, 1st TSC support operations officer and leader of the 1st TSC Task Force Safety.

Having the Soldiers walk away from all of the displays and presentations with a better understanding of the dangers that are out there is a big step in improving overall safety.

Implementing Army safety concepts by using creative methods to instruct Soldiers about alcohol, driving, boating, motorcycle and home safety helps the 1st TSC maintain healthy and safe unit. 

### 6th Annual Sniper Competition

End Date: Saturday, November 4

Start Time: 0800

Location: Fort Benning, GA

The U. S. Army Sniper School will sponsor the sixth annual United States Army International Sniper Competition Oct. 27 through Nov. 4. Two-man sniper teams will compete in events that will include a sniper stalk, urban shooting and orienteering exercises, a stress fire and other tests of their marksmanship and sniper skills.

### Army v. Navy Football Game

December 2

Location: Lincoln Financial Field  
Philadelphia, PA

# Tell us what you think

Please take this reader survey and mail or bring it to: 1st Sustainment Command (Theater)  
Attn: Public Affairs Office, Bldg# MT-2651 Quartermaster St., Fort Bragg, N.C. 28310

1. Have you read an issue of the BlackJack Provider within the past year?
2. How often do you usually read the Blackjack Provider?
3. How many issues have you read of the Blackjack Provider within the past year?

4. How soon after the BlackJack Provider is distributed do you read it?
5. How much of each issue of the BlackJack Provider do you read?

6. How do you usually obtain an issue of the BlackJack Provider?
7. To what extent do you find that BlackJack Provider as a reliable source of news about what is going on in the Army?

8. How do you feel about the amount of coverage in the BlackJack Provider given to the following topics?
- Awards and ceremonies, -Current affairs in the civilian community, -Editorials/ commentaries, -Family programs/ services, -Personality features, -Installation events, -Military news, -Sports, -Topical/ controversial issues, -Travel

9. To what degree do you agree with the description of the content of the BlackJack Provider?
- |                     |                    |                               |                      |
|---------------------|--------------------|-------------------------------|----------------------|
| -Easy to read       | -Interesting       | -Provides useful information  | -Source of new ideas |
| -Easy to understand | -Fair and accurate | -Stimulating, makes you think | -Timely, up to date  |
| -Well written       |                    |                               |                      |

10. How do you rate the appearance of the BlackJack Provider?
- Art and illustration
  - Chart and Graph
  - Layout and design
  - Photography
  - Quality of printing
  - Readability of the print type used
  - Use of color
  - Overall appearance

11. Overall, how do you rate the content and appearance of the BlackJack Provider?
12. What is your gender?
13. How old are you?
- Under 20
  - 20 to 24
  - 25 to 35
  - 36 to 40
  - 41 to 49
  - 50 or over

14. What is the highest education that you have completed?
- Less than high school
  - High school or GED
  - Some college (no degree)
  - Associates degree or vocational license
  - Graduate/ professional degree

15. What is your current status?
- Military
  - D.A. Civilian/ contractor
  - Dependant
  - Other\_\_\_\_\_

16. What is your paygrade or your spouse's paygrade?
- |              |                   |            |
|--------------|-------------------|------------|
| -E1 to E4    | -E5 to E7         | -E8 to E9  |
| -O1 to O3    | -O4 to O6         | -O7 to O10 |
| -GS8 to GS12 | -GS/M13 to GS/M15 |            |
| -Other_____  |                   |            |

COMMENTS:

**One heart**

**One Mind**

**One Purpose**

**1st Sustainment Command (Theater)**

## The Things I Believe

*"One person with a belief is a power equal to ninety-nine who have only interests."*

-It is our duty to ensure that units throughout the CENTCOM AOR are logistically prepared for every challenge. We must think of ourselves as logisticians in support of each deployed unit, working together for a common goal.

-Physical, Psychological, and Spiritual Fitness is important. As members of the 1st TEAM, each of us is capable of carrying our share of the burden. If we are not fit, it is unlikely we will succeed in providing the support our deployed units need.

-There is no substitute for leadership by example. Wherever we go, we represent the 1st TEAM. We must ensure that we are tactically and technically proficient, that the support we provide all units reflects our best efforts based on an expert knowledge of equipment, tactics, techniques, and procedures.

-Most of the difficulties people run into in our profession are related to substance abuse, money, or moral/ethical violations. We must look out for each other – before a problem gets out of control. Avoid having to use the statement – *"I knew something was wrong – but, I didn't want to say anything."*

-No one wakes up in the morning saying to themselves, *"Today I want to be a failure."* 99.9% of our soldiers want to succeed. Leaders of all levels should look for ways to teach, coach, and mentor subordinates, thus preventing problems from becoming a crisis.

-The decision making process demands complete, responsive reporting. We must keep each other informed and always ask the question, *"Who else needs to know?"* Finally, *"Bad news does not get better with age,"* never hold on to information for fear of the response from those being briefed.

-Our mission (simplified) is to plan, coordinate, and provide responsive combat service support to units deployed to Southwest Asia over the full spectrum of conflict. In order to be successful, our support must be proactive, not reactive.

-I am proud to be a member of the 1st TEAM the "Go To" Theater Sustainment Command. Units deployed to Southwest Asia represent our best soldiers *"on point for the nation."* As we execute our mission we must do so with one mind—focused on the mission; one heart—willing to serve; and one purpose—keeping soldiers alive. 1M1H1P.  
1st TEAM!

Kevin A. Leonard  
Brigadier General, U.S. Army  
Commanding